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Tourist tax debate rages on

Following last week's report on the possibility 'tourist taxes' (Algarve tourists to be taxed? – edition 1015, June 20th, 2009) this week Portimão Mayor Manuel da Luz has come forward to clarify the possibility that tourists may be taxed to visit regional municipalities is "still no more than an idea", to be debated with world leading American marketing specialist, Philip Kotler. (See Page 2)

Maddie case not being re-opened

Portugal's Attorney General has this week voiced his opinion that recent reports about British paedophile Raymond Hewlett, who became embroiled in the Madeleine McCann case after it emerged the former convict had been staying in the Algarve at the time of her disappearance, were not strong enough to re-open the case. (See Page 3)

Drink and drugs plaguing Portugal's future

As the Portuguese government prepares to approve a National Plan for Combating Alcoholism, drawn up by the Institute for Drugs and Drug Addictions (IDT), it has emerged that more people are seeking professional help for heroin addiction than alcoholism. (See Page 7)

Weekend weather

Lisbon: The weekend will start hot and humid in the capital, but Sunday is expected to be cloudy with a chance of showers in the morning and early afternoon. **Faro:** While the Algarve will be cloudy much of Sunday, the weekend is expected to be hot with UV ratings hitting 10 out of a maximum of 11 on Saturday. **Oporto:** The north will be one of the more comfortable places to be this weekend, with temperatures expected to reach maximums of around 24 or 25 degrees Celsius though minimums will be lower than they have been the past week.

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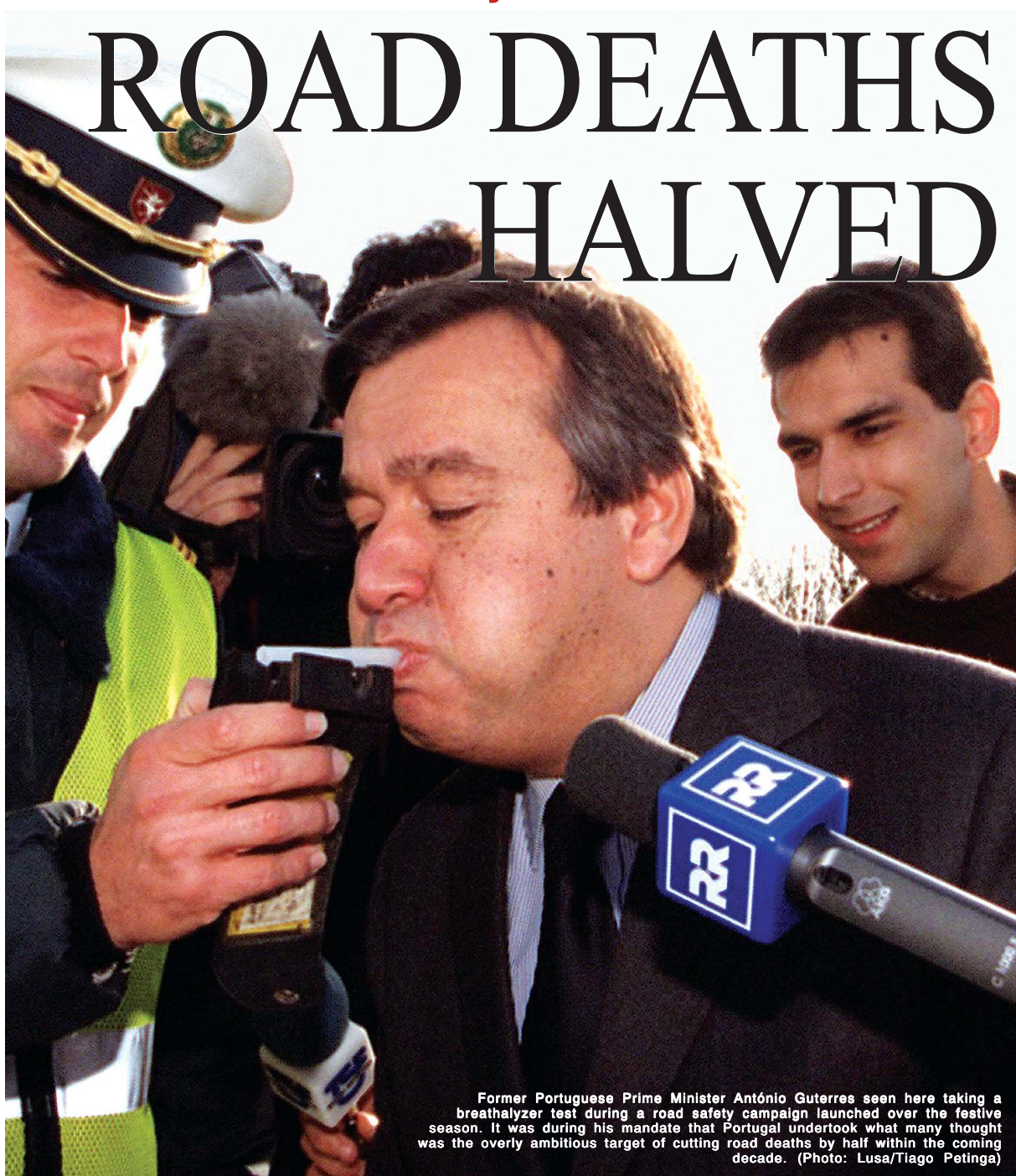
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8 page weekly PROPERTY supplement



Portugal shows Europe how it is done as it slashes road deaths by half in under a decade

ROAD DEATHS HALVED



Former Portuguese Prime Minister António Guterres seen here taking a breathalyzer test during a road safety campaign launched over the festive season. It was during his mandate that Portugal undertook what many thought was the overly ambitious target of cutting road deaths by half within the coming decade. (Photo: Lusa/Tiago Petinga)

THE PORTUGAL
News



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Tourist taxes still on the table

Following last week's report on the possibility 'tourist taxes' (Algarve tourists to be taxed? – edition 1015, June 20th, 2009) this week Portimão Mayor Manuel da Luz has come forward to clarify that the possibility that tourists may be taxed to visit regional municipalities is "still no more than an idea", to be debated with world leading American marketing specialist, Philip Kotler.



Tourists enjoying a ride on the Algarve seas. (Photo: RTA)

"It is no more than an idea that I intend to discuss with one of the world's biggest specialists in marketing and it was in that sense that I originally spoke about it", said Mayor da Luz in response to a swift opposition from regional hoteliers and tourism associations.

Last Tuesday Manuel da Luz defended the need for a 'tourist tax' which would be re-injected in the Algarve's municipalities to counter-balance losses caused by drops in property transfer and council taxes, which in some municipalities have been significantly reduced due to the current financial crisis.

He said that his intention at present was not to tax tourists, and that "only ill intentions from an unimaginative opposition could transform an idea into a consummated fact".

Nevertheless the Mayor did confirm it was his intention to discuss the matter with Philip Kotler, considered by many as 'the father' of marketing and a key speaker at the International Marketing Places Conference which took place this week in Portimão.

During this week's meeting Philip Kotler suggested Portimão creates a city marketing agency, made up of a multi-disciplined team of professionals capable of creating 'silver bullets' that will draw the world's attention to a particular city by marketing individual monuments or places of interest.

As an example of the success that this strategy entails Philip Kotler made reference to the city of Bilbao, Northern Spain, whose main attraction is its Guggenheim Museum and whose "building is

almost more interesting than the works exhibited therein".

In response to the 'tourist tax' suggestion that was first reported last week, Elidérico Viegas, chief of AHETA (Association of Algarve Hotels and Resorts) was quoted as telling Lusa news agency, "At a time when the level

of competition between destinations is high and when there is a drop in demand, launching this idea is completely absurd and lacking in sense". According to AHETA, it is not the value being charged which is the problem, rather the negative impact such a tax would have on the image of the region.

Unsettled summer predicted

While other European and American meteorological experts have proclaimed this summer will be one of intense heat throughout the whole of Europe, their Italian counterparts have begged to differ after carrying out a study for the President of that country in which it was concluded that European weather this summer would be hit and miss affair.

According to the Italian specialists this summer will not be a stable one weather-wise, with some days of intense heat, others being significantly cooler, with strong winds, choppy seas and sheets of rain.

However, Portuguese weather experts have preferred to remain out of the debate, reserving judgment for when the time comes, claiming any prediction beyond 10 days "is not reliable".

This was stated by the President of the National Meteorology and Geophysics Institute, Adérito Serrão, who explained "It is not possible to preview with certainty, for two or three

months from now, the weather for Portugal. The most we can see is tendencies, which we will not broadcast, as any tendency could change". An opinion shared by agro-meteorologist João Mello e Abreu, who said "Any prevision that goes beyond five days can be wrong".

Adérito Serrão also said "Given the present day and age's climate, nothing is abnormal, because climate change that has been verified on a global scale also influences the Iberian Peninsula, particularly Portugal. Therefore people must be prepared for worsening phenomenon, like heatwaves, heavy rainfall and chill winds".

GDP set to shrink 4.5% this year - OECD report

Portugal's GDP will contract by 4.5 percent this year and 0.5 percent in 2010, the Organisation for Economic Cooperation and Development (OECD) said Wednesday in its quarterly world economic outlook.

The OECD predictions for Portugal's economic contraction are worse than those of the Lisbon Government (3.4 percent) and the European Commission (3.7 percent). The Paris-based think-tank also warns that Portugal's budget deficit will increase by 0.8 percent this year due to Government stimulus measures.

A sharp fall in economic activity will reduce tax revenues and send Portugal's budget gap

up above six percent in 2009 and 2010, said the OECD's regular economic health check.

Portugal's jobless rate will be around 9.2 percent this year and climb to 11.2 percent in 2010, the report added.

"Restrictive credit conditions, a rapidly weakening labour market and low levels of consumer confidence will drive down consumption", said the OECD in its chapter on Portugal.

TPN/Lusa

Royal Algarve visit

It has emerged that Prince Edward, Earl of Essex's visit to the Algarve this weekend, during which he is to attend a Duke of Edinburgh Cup charity event, is in fact being fully financed by millionaire property developer André Jordan. Mr Jordan is said to be paying for the Prince to fly on a private jet from the UK to the Algarve, to be present at the official opening of the tycoon's latest luxury development 'The Residences at Victoria Golf Club'.

Recent reports not enough to re-open Maddie case - Attorney General

Portugal's Attorney General has this week voiced its opinion that recent reports about British paedophile Raymond Hewlett, who was embroiled in the Madeleine McCann after it emerged the former convict had been staying in the Algarve at the time of her disappearance, were not strong enough to re-open the case.

Following reports in the UK's press that branded 64-year-old Hewlett as 'suspicious' for being in the Algarve region at the time of Madeleine McCann's disappearance, Portugal's Attorney General has said none of the reports offered solid facts that justified re-launching the investigation.

At the time of then three-year-old Madeleine McCann's disappearance from an apartment in the Praia da Luz 'Ocean Club' resort, Hewlett was staying in Tavira, Eastern Algarve, around an hour's drive from where the McCann family were lodged.

In a statement the Attor-

ney General's Office made clear "speculation, opinions or commentary is not enough to re-open the investigation".

It continued "when there are concrete facts, that the magistrates in charge of the case consider relevant or credible, the case will be reopened".

The Attorney General did, however, confirm it was "paying full attention to all signs that show up".

Reports in British newspaper the Daily Mail told of how ex-soldier Hewlett had a past of known attacks carried out on young girls and which dated back to 1972. That year he was sent to prison for abusing a 12-year-old girl.

Prince Edward will reportedly stay in Vilamoura's five-star Tivoli Hotel, where Presidential Suites cost over €3,000 a night.

As well as private flights to and from the Algarve with charter company Netjets, which are believed to be costing Jordan an estimated €26,000, the Royal will also be given the keys to an apartment at The Residences development, which start at €494,000. It is thought the property is a gift that will be used to raise revenue for the Duke of Edinburgh International Award Foundation. Reports suggest the keys will be handed over during an informal lunchtime ceremony at which the Portuguese Duke of Bragança, along with an array of other prominent businessmen, public figures and Residence owners, will also be present.

Also said to be on the agenda for Prince Edward, who is currently seventh in line to the thrones of 16 countries, was a visit to the São Lourenço International School on Friday morning, to meet a group of children taking

part in the Portuguese affiliate of The Duke of Edinburgh Award project.

Mr Jordan, who claims he has "known Prince Edward for 20 years and met him countless times", has denied accusations that the Prince's visit is a publicity stunt to promote his latest development, which is said to have suffered setbacks due to the crisis. The Residences, which overlook the Victoria Golf course, were initially expected to open last year.

But a property consultant working for Mr Jordan's firm contradicted the tycoon, telling an undercover *Daily Mail* reporter the opposite, being quoted as saying "We gave an apartment to charity, to the Duke of Edinburgh's Award, so that is why he is coming. To receive a key and also for... for... well, it's good marketing".

The Duke of Edinburgh Cup will take place at the Victoria Golf Club, in Vilamoura, over the weekend of 26th to 28th June, 2009. It is a charity golf tournament which uses participation fees to fund projects for vulnerable young people. Meanwhile a press release to **The Portugal**



News from the Victoria Golf Club's marketing department confirmed the official opening of The Residences would take place on Saturday June 27th.

It further clarified "The Residences is 80 percent sold out, however 30 large, luxury 2 or 3-bedroom apartments are still available. All are complete and can be viewed. Prices for these unique apartments start from €495,000 to over €800,000 for the very best".

The press release continued "The Directors of The Residences are delighted to report that the forthcoming inaugural Golf

Tournament, competing for The Duke of Edinburgh Cup, at the Victoria course is fully subscribed. In the evening guests have been invited to a Gala Dinner with prize giving ceremony, to be held at the new Tivoli Victoria Hotel, located next to The Residences reception".

Earlier this week Liberal Democrat MP Norman Baker spoke out against the Royal's visit to the Algarve, which has been dubbed a 'Rent-a-Royal' affair, by saying "The proper role of the Royal Family is to represent the country. It is not to work for foreign nationals".

Road deaths halved



The number of fatalities resulting from traffic accidents has been reduced by a staggering 47 percent in the space of only seven years, a report unveiled in Brussels this week has shown. Amidst the incredulity and bemusement of detractors of Portugal's ability to improve roads and education of drivers, old and new, the country undertook in 2001 to have road fatalities down by 50 percent by the year 2010 – a target which the EU this week said it would reach with ease.

Portugal has this week been highlighted as the European Union country which has managed the biggest reduction in deaths from road accidents, cutting deaths by an average of about 15 percent a year since 2001.

While Portugal is mid-table on the European rankings, it has made huge improvements from being the country whose roads were the most deadly on the continent a decade ago.

According to the 3rd Performance Index on road safety in the EU, Portugal will be one of only six member states to meet targets set out in 2001 in terms of reducing road fatalities.

The only other countries expected to meet targets set out in 2001 and agreed to be EU states are Luxembourg, France, Spain, Latvia and Belgium.

Currently, Portugal records 83 road deaths per million inhabitants per annum (totaling 776 fatalities last year).

Eight years ago, this figure was more than double at 171, placing Portugal 27th out of the 27 EU member states along with Israel, Switzerland and Norway surveyed in the Index. With the reduction in road deaths, Portugal has now risen to 17th, and is expected to continue improving.

Luis Farinha, vice-chairman of the National Road Safety Authority this week told *Público* following the release of these results that there is not one single factor that can be attributed to Portugal's notable performance the past decade.

"There is not one specific contributing reason. Infrastructures, the cars, human behaviour – they have all helped", he said, adding: "We want to be among the top ten European states when it comes to road safety by 2015".

The government also ex-

pressed its satisfaction at the encouraging results disclosed in Brussels, with state secretary for civil protection, José Miguel

Medeiros saying Lisbon will continue to stage road safety campaigns, which in conjunction with the improvements in vehi-

cle safety features and drivers' behaviour, will make the country one of the safest places to drive a car in Europe.

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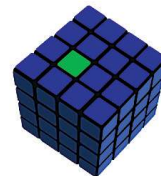
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Portugal's oldest person dies



Archive photo dated 3rd January 2009 of António Fernandes de Castro, the oldest person in Portugal, who died on Monday at the age of 111. (Photo: Lusa / Arménio Belo)



At 111 years of age Portugal's oldest person, António Fernandes de Castro of Durrães, Barcelos, died on Monday this week and was buried on Tuesday.

Born on January 6th 1898 (the 19th century), António Castro lived more than 40,800 days, spanning the whole of the 20th century and part of the 21st century.

His long life centred mostly on being a farm labourer and he was treasured by the entire village where he lived, regarded as an honorary local leader.

A book about Anónio Castro's life, published by the local parish in commemoration of his 100th birthday, describes him as "a good 'waterer' who never 'held people hostage'".

António Castro raised 10 children, who gave him more than 24 grandchildren, almost 30 great-grandchildren, and two great-great-grandchildren.

Door open for bilateral talks with US on reception of Guantanamo inmates

Conditions now exist for "concrete bilateral negotiations" between Portugal and the United States on resettling some detainees from the US detention centre for terrorism suspects at Guantanamo Bay, Cuba, the Lisbon Foreign Ministry said.

After the visit of US special envoy on closing the Guantanamo detention facility, Daniel Fried, for talks with senior Lisbon diplomats, the Foreign Ministry said in a statement: "The way is open for the start of concrete bilateral negotiations with the US on this issue."

Fried's visit to Portugal was part of a tour of European Union member states for talks on closing Guantanamo. Washington and the EU issued a joint statement this week saying EU member states will accept individual detainees in return for the US bearing the transfer cost and furnishing intelligence on the individuals concerned.

The Portuguese Foreign Ministry communiqué said Lisbon will make a decision on acceptance of Guantanamo residents after "close coordination and consultation with our European partners."

Italy became the third EU state to accept inmates from Guantanamo but other EU member states are dragging their heels. Germany has called for Washington to set an example by accepting prisoners from the Cuban camp.

Portuguese Foreign Minister Luis Amado first suggested that Europe should offer to accept Guantanamo detainees without terrorism convictions.

TPN/Lusa

Six-language manual to help foreign mothers

Because of difficulties in communicating with foreigners, a doctor and four nurses have translated a guide for new mothers into six languages which will be distributed free of charge in health centres throughout the country.

The 'First Handbook for Maternal Health' is aimed at foreign mothers residing in Portugal and offers advice on how to look after new-born babies. It has been published in Portuguese and also French, English, Romanian, Russian, Chinese and Ukrainian, being officially launched at the Padre Alves Correia Centre (CEPAC), in Lisbon.

Cândida Mendes, a paediatrician and one of the book's authors, told the Lusa News Agency that the idea came about after she encountered language barriers when trying to teach foreign new mothers how to look after their offspring.

"During our daily service at the neonatal department we would be confronted with language barriers when trying to talk to foreign mothers, who come from the

Eastern bloc, Africa, and other places and who didn't know how to speak Portuguese".

So faced with that obstacle, as well as a growing number of foreign nationals giving birth in Portugal, Dr. Mendes plus four co-workers decided to translate the manual into six foreign languages "to better communicate with immigrants".

Admitting that translating the manual was hard work Cândida Mendes nevertheless believes it was worth it as the book will help many mothers and health professionals.

The book essentially explains

how to look after newborn babies, helping new mothers with procedures such as disinfecting babies' umbilical cords, changing nappies, bathing, breast feeding, and dealing with colic.

It also underlines the importance to mothers of having their babies checked using the Guthrie test (more commonly known as the 'heel prick test'), which picks up on metabolic illnesses.

This project is supported by the High Commission for Health as well as the High Commission for Immigration and Intercultural Dialogue, and the Portuguese Neonatal Society.

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Child drowns off Algarve coast

A ten year old child drowned on Coco island, in Olhão, last Sunday. After disappearing from where she had been playing, and searching the whole island, her parents alerted Maritime Police. After extensive searches the girl's body was found, not far from where she disappeared.

Maritime Police received an alert at 13h55 on Sunday afternoon after the child's parents could not find her on Coco Island, located in the Ria Formosa.

A rescue boat from Santa

Maria was sent to the location, together with a Maritime Police vessel. After initial searches proved fruitless, a third boat was sent to the location but, just before its arrival, the child's body was found, close to where she had disappeared on the beach.

The crew aboard the boat attempted to resuscitate the child until reaching the pier in Olhão, as did the Emergency Medical Services in the ambulance on the way to Faro Hospital, but to no avail.

Sixth case of swine flu confirmed

The Portuguese Health Ministry has said it has confirmed a new case of swine flu, raising the number of cases detected in the country to six.

The latest confirmed case was of a 26-year-old man who returned from a trip to the United States five days ago, the Ministry said. The patient was de-

scribed as being in a "stable" condition.

Last Thursday health authorities said the existence of five confirmed cases did "not represent an increase in concern", adding, however, that this did not mean a lessening of "preventive measures" implemented by the Health Ministry.

TPN/Lusa

Half of Portugal's roads are poorly signed



For the first time the problems found on Portugal's roads have been analysed in a study by the Portuguese Association of Signage Contractors and Manufacturers (AFESP), who have estimated that more than half of the country's roads are poorly signed in one way or another.

Main problems include lines that are faded, invisible or hard to see at night, arrows pointing in the wrong direction, and contradicting signs for both vehicles and pedestrians.

Despite the study being based on 59 stretches of road in 18 districts around the country, a total 2,400 kilometres, the authors of the study believe that the estimated 50 percent of poorly signed roads could actually be far higher.

Roads with no signage whatsoever were not included in the study.

Some of the worst stretches could be found in Lisbon (the Segunda Circular) and the EN8 that links Lisbon to Torres Vedras.

Report coordinator João Almeida explained "the biggest problem is at night, as painted lines do not contain enough reflective glass spheres".

João Almeida explained it is "cheap" to paint the lines on a National Road (Estrada Nacional - EN), a kilometre costing approximately €1,200, and that extra glass particles in the paint would not change the price. Reportedly, the type of paint chosen by Portugal to use on its roads contains the minimum EU

recommended amount of glass particles, as opposed to neighbouring Spain which uses paint with the highest recommended amount of particles.

He added the scenario was particularly disturbing as "the population is ageing and driving times are getting longer and later", emphasizing better conditions are necessary to ensure this happens safely.

However, these particles are believed to lose their qualities after two years, in the case the highest quality of paint, so a road that is delineated with paint continuing the minimum recommended particles, as is the case in Portugal, should have its lines re-painted every six months.

Since the beginning of this year 300 people have died on Portugal's roads, 5.6 percent less than the same period last year.

To encourage municipalities to become involved in the task of improving road signage the Government is offering a 'Best Municipality' prize for the town or city that best complies with signage and safety rules, techniques, and good practice, with the main intention of investing in infrastructures that improve citizens' mobility.



The Lisbon to Cascais highway (A5) was classified in April as the road with the greatest number of accident black spots. (Photo: Lusa / Joana Saramago)

Traffic fine revenue nosedives

During the first four months of this year the Portuguese paid 14 million euros less in fines in comparison to the same period last year, a drop of 61.3 percent in fine-related revenue.

However, this has not been attributed to Portuguese drivers becoming more careful or civil, but

to the lack of bureaucratic thoroughness as well as GNR strikes.

Traffic crimes have so far earned the country's coffers 8.9 million euros during the first four months of this year, which pales in comparison to the 23 million euros shelled out during the first four months of 2008.

This year's revenue is made up of on-the-spot fines as well as fines that were inherited following the DGV - ANSR changeover, the ANSR officially taking over procedures from the DGV on January 6th this year.

At the time it was feared that some 20,000 fines still being processed

would be lost in the changeover, though this does not now seem to be the case.

To keep on top of the issue, ANSR has recruited 30 trainee lawyers to work for three months processing the backlog of fines and tackling more complex issues on a rate of €1.67 for each case settled.

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Education Minister denies mobile AIDS units will reach school playgrounds

Portugal's Minister for Education, Maria de Lurdes Rodrigues, has vehemently refuted reports published at the beginning of the week that five mobile units had been purchased by the Portuguese Youth Institute (IPJ) to carry out HIV tests in schools as of October, describing the reports as "alarming and abusive".



Portugal's Minister for Education, Maria de Lurdes Rodrigues during a prize giving at the Science Academy in Lisbon last Sunday. (Photo: Lusa / José Sena Goulão)

Portuguese daily newspaper Diário de Notícias broke the story, which stated that the IPJ, with financial backing from the High Commission for Health, had purchased five mobile units to travel around schools, discos and music festivals, to carry out HIV/AIDS tests as well as distribute free condoms amongst students within the 12 to 25-year-old age range.

On the same day as the reports were published there was an immediate backlash from doctors and parents who contested presumptions that the tests were confidential and did not require adult permission.

Susana Ramos, allegedly one of the project's coordinators and IPJ vice-president, was quoted as saying "a young person who feels the need to be tested will be able to do so in total confidentiality without the risk of running into a parent or neighbour".

According to the report, Susana Ramos also confirmed lectures and 'Questions and Answers' sessions were to be held as part of the campaign.

It was stated that a protocol had been signed between the IPJ and the High Commission for Health to acquire the five mobile units, which were said to have cost a total €400,000 for the project, which hoped to reach up to 150,000 youths.

Prior to this project the IPJ offered a similar service to Portugal's young people through their regional bureaux. According to Susana Ramos, via this service, "In Bragança, for example, more than 1,000 HIV tests were carried out".

In 2007, IPJ offices throughout Portugal helped a total of 50,000 young people regarding a number of issues relating to their health and lifestyle.

The report also said the mobile AIDS testing for students had been defended by the High-Commissioner for Health, Paediatrician Maria do Céu Machado, who was quoted as saying "young people are very interested in talking about sex and having tests done confidentially", and concluded it is "the duty of any health professional to give all possible support to patients, whatever their age".

On the other hand, Portuguese Minister for Health Ana Jorge was reported as saying parents should decide whether or not they will give consent for underage children to have the tests done.

"Complementary tests or examinations should not be carried out on people, whatever their age, without full information of what is being done, the results, and the consequences of the results. That is part of a health professional's competencies".

Minister Ana Jorge did, however, apparently agree that "it is fundamental to have mobile units" to give adequate information about HIV to young people.

According to the National Committee for HIV, in Portugal at present there are 281 under-19s currently infected with the virus.

Following this report, which was published on Monday morning, a subsequent update made public later that afternoon broadcast a statement from Education Minister Maria de Lurdes Rodrigues who said, "It is not true that as of next year HIV tests will be available in our schools".

She said the project has "no possibility" of help from the Ministry of Education and considered the reports "completely abusive and alarming, creating huge confusion in an area that is a school's responsibility".

Police investigate daily cases of child abuse

Following the arrest of a member of Famalicão's Child Protection Committee, suspected of sexually abusing a 16-year-old boy, it has emerged that the sexual abuse of minors in Portugal seems to be on the up as police confirm an average of four cases being reported every day.

Last year PJ police investigated 1,542 reports of sexual abuse involving children, 131 cases of which were rape.

According to Oporto's PJ figures,

in Northern Portugal, during the first quarter of this year, seven sexual predators were arrested; two more than during the whole of 2005, when five suspects were detained.

This was attributed to the introduction of a new law in September 2008 which transferred the investigation of sexual crimes to the PJ police, who despite the increase in the number of arrests, claim more could be done if crimes were reported more quickly.

EU leaders nominate José Manuel Barroso for new term

Former Portuguese Prime Minister José Manuel Durão Barroso gets the nod from the Council for another five years, the European Commission has announced.

EU leaders have unanimously endorsed President Barroso for a second five-year term. The nomination now goes before the European parliament.

The new assembly holds its first meeting in July. If it backs him for another term, Mr Barroso will be charged with putting together a new commission.

The President urged member countries and the parliament to support his plans for an ambitious agenda over the next five years.

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Drink and drugs plaguing Portugal's future



As the Portuguese Government prepares to approve a National Plan for Combating Alcoholism, drawn up by the Institute for Drugs and Drug Addiction (IDT), it has emerged that more people are seeking professional help for heroin addiction than alcoholism. This is despite the consumption of alcohol being rife in Portugal and soaring amongst educated youths and women.

In 2005, there were an estimated 1.8 million excessive drinkers and chronically ill alcoholics in Portugal. According to a report that year from the World Drink Trends organisation, 60 percent of the country's 12-16-year-olds and more than 70 percent of over-16s said they drank regularly.

That year alcohol was estimated as the fourth highest cause of death in Portugal, being responsible for 33 percent of vehicle-related fatalities.

Driving under the influence of alcohol, for which the maximum legal limit is 0.5 grams of alcohol per litre of blood (the equivalent of approximately three small beers), doubles the risk of being involved in a fatal road accident, according to official information.

Two weeks ago a 26-year-old British woman, resident in Carvoeiro, was found dead in her apartment, which reportedly contained numerous empty glasses and bottles of alcohol. It was the latest of many alcohol-related incidents that have involved foreigners in Portugal over recent years.

In October last year 46-year-old Birgit Peinoff, who also lived in Carvoeiro, was attacked by her ex-husband who had a history of alcoholism and violence. She was stabbed three times by Peter Peinoff, though none of the wounds were fatal. Her ex-husband's body was later found in the villa's swimming pool; face down with a bottle of champagne floating alongside. Excessive drinking was believed to be responsible for both the frenzied attack and his drowning.

Earlier that year, in May 2008, a British couple on holiday in Vilamoura had their three children taken into protective custody after they passed out in different reception areas of the hotel where they had been staying.

Initial reports suggested the couple had been on a binge-drinking spree though they later denied drinking excessively, claiming they had been affected by illness, not alcohol.

That same year in August an amateur footballer collapsed and died after drinking 40 pints and 30 alcopops on a five-day, end-of-season holiday with team-mates in Vilamoura.

He was admitted to the Gloucestershire Royal Hospital, Gloucester the day after he returned to the UK, suffering crippling stomach pains from suspected pancreatitis, which doctors attributed to heavy drinking.

And more famously, in September 2008, former England footballer Paul Gascoigne was rushed to Faro Hospital after a suspected overdose of pills and alcohol that was believed to have been a suicide attempt.

Reports in the UK press at the time claimed he had recently fled from a rehabilitation unit in Tunes near Silves to a five-star hotel in Vale do Lobo.

In Portugal alcohol is still significantly cheaper than in other European countries, like the UK and Ireland. In some establishments, during 'Happy Hour' promotions, it is possible to purchase a pint of beer for as little as €1. But it is not just foreigners who are being seduced by Portugal's accessibly-priced drinks; Portuguese youths, particularly those with an education, are now the country's primary alcohol consumers and abusers. And heavy drinking amongst females in this country is also steadily rising.

Figures from Portimão's Barlavento Hospital showed that in 2008, 56 people were treated in the Western Algarve for alcohol intoxication, of those 15 were aged between 15 and 25, 9 of whom were female.

In the last decade, according to National Health Enquiries carried out on mainland Portugal in 1995/96 and 1998/99, drinking amongst youths and women had already started to rise significantly across the country. And surveys carried out in 2005 by the IDT's regional Algarve bureau found that 65.1 percent of the Algarve's 18-year-olds admitted to drinking; 1.7 percent said they drank on a daily

basis, 9.4 percent admitted to drinking on a weekly basis, and 54 percent said they drank occasionally.

These figures, according to the IDT-Algarve, make alcohol the most consumed 'drug' amongst the region's teenagers, having risen from 61.2 percent in the year 2000 to 65.1 percent in 2005.

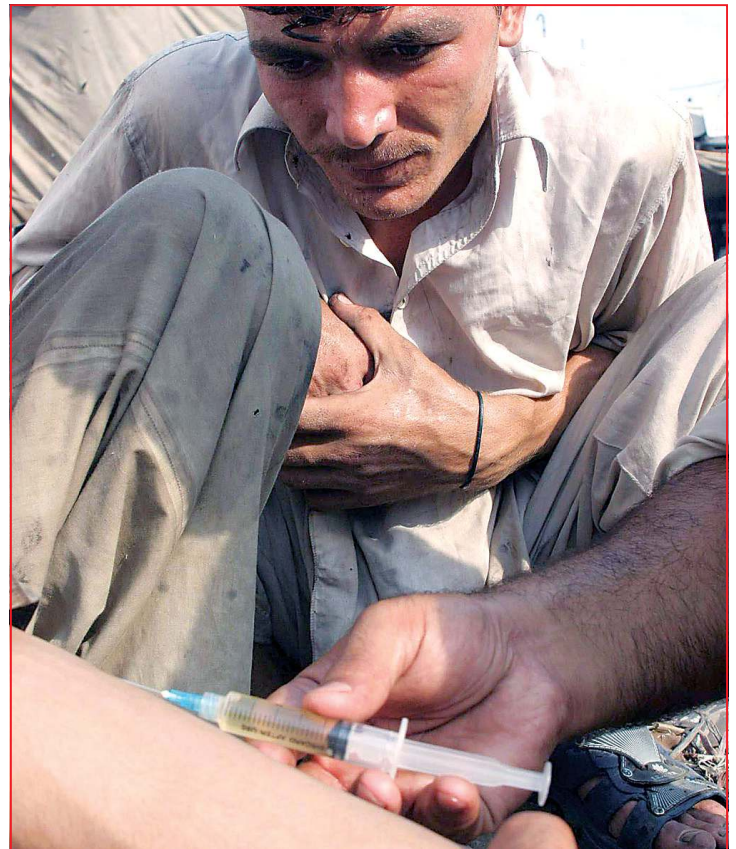
It is widely agreed that drinking in Portugal is starting at a younger age and in larger quantities, with trends like binge-drinking becoming common occurrences. Hence IDT representatives are hoping this month their proposal to change drinking laws in Portugal will be approved in Parliament.

Included in the law change is a proposal to up the legal drinking age from 16 to 18, as well as more thorough official control and "better organisation of related services".

In a statement sent to **The Portugal News**, António Pina, of the Regional Algarve IDT's Technical Support Department, said: "We can conclude that, while overall there are fewer consumers of alcohol in the Algarve than the rest of the country, there is a higher and growing consumption amongst the region's young people, particularly those who are educated".

Last year 3,249 individuals in the Algarve were using the IDT's services, which centre on rehabilitation and social re-integration for drug and alcohol addicts.

Of those, 463 were new arrivals that year and a total of 37,639 consultations were given. However, the majority of IDT patients do not ask for help regarding alcohol abuse. In 2007, heroin was still the main substance of abuse for 75 percent of IDT patients, though



Drug addicts inject drugs on 25 June 2007, on the eve of International Day against Drug Abuse and Illicit Trafficking which is marked every year on 26 June. (Photo: EPA/Arshad Arbab)

alcohol came second, affecting 12.5 percent.

This scenario is remarkably different to the previous decade, when IDT figures between 1988 and 1998 showed that only 1.2 percent of individuals turned to the IDT for alcohol-related issues, and heroin was responsible for 94 percent of the institute's patients.

A staggering thirty percent of individuals being helped by the IDT Algarve are foreign nationals, the majority of whom seek treatment for hard-drug abuse.

It was highlighted "however, alcoholics tend to seek help at a very late stage (in 2007 the average was at 46 years of age, as opposed to 30 years-of-age for most

other drugs). That is why our services have almost no young people between 16 and 25 years of age asking for help with drink-related problems. These youngsters, who effectively abuse alcohol, have not yet accepted the problem and are only known through community studies".

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China open to 'triangular' cooperation with Lisbon



China is open to "triangular" cooperation with Portugal in Africa, Brazil and throughout the Lusophone bloc, Lisbon's last governor in Macao has said.

Gen. Vasco Rocha Vieira, on a private visit to Beijing, told Lusa the Asian powerhouse was increasingly a "planetary partner" and that Lisbon should team up

with it in business and other initiatives in "Africa, Brazil and the European Union".

China, Gen. Rocha Vieira said, had "a long-term policy for Af-

rica, Brazil and the CPLP (the eight-nation Community of Portuguese Language Countries) and was open to triangular cooperation with Portugal" in those areas.

He noted that Beijing favoured the "internationalisation" of Macao as a "liaison platform" for

business and diplomatic relations with the Lusophone world.

Rocha Vieira, who oversaw the transfer of Macao's administration to China in 1999, arrived in Beijing Wednesday on a visit with members of his family and for talks with Chinese officials.

TPN/Lusa

Report of foreign bank and financial accounts

U.S. persons with financial interests in or signatory authority over one or more foreign financial accounts with an aggregate value of at least \$10,000 at any time in 2008 are required to file Form TD F 90-22.1 - REPORT OF FOREIGN BANK AND FINANCIAL ACCOUNTS (FBAR). Included in aggregate value is cash, stock and securities. This report is due 30 June 2009. The form and instructions can be downloaded at www.irs.gov.

FBAR is a law enforcement vehicle under the Bank Secrecy Act. It provides important information to domestic and international law enforcement agencies. Failure to file FBAR can result in a \$10,000 fine. As a six year statute of limitations applies, fines could be as much as \$60,000. Further, the US tax authority (IRS) can seek criminal penalties.

On 27 March 2009, IRS announced a six month amnesty for Americans not in compliance to report their worldwide income, gains, bank accounts, trusts and other entities. While they are re-

quired to file annual tax returns reporting global income, only some 33 1/3% comply. And those who file the intrusive FBAR reports are only 20%. Voluntary disclosure means voluntarily reporting previously undisclosed income by filing an amended or delinquent tax return, FBAR report or other information return such as applies to U.S. persons invested in a foreign corporation, foreign partnership or foreign trust.

IRS defines a U.S. person as a citizen or resident of the United States, a domestic partnership, a domestic corporation, or a domestic estate or trust.

The complex definitions of what constitute FBAR financial interests is any U.S. person who has an interest in a bank, securities or other financial account in a foreign country for which the owner of record or holder of legal title is: a) a person acting as an agent, nominee, attorney, or in some other capacity; b) a corporation in which the United States person owns directly or indirectly more than 50% of the total value of shares of stock or more than 50% of the voting power for all shares of stock; c) a partnership in which the U.S. person owns an interest in more than 50% of the profits (distribute share of income, taking into account any special allocation agreement) or more than 50% of the capital of the partnership; or d) a trust in which the U.S. person either has a present beneficial interest, either directly or indirectly, in more than 50% of the assets or from which such person receives more than 50% of the current income. Or, simply speaking, if you had at least \$10,000 in foreign financial accounts in 2008, you need to file FBAR.

IRS is relentlessly increasing its efforts to identify taxpayers who may have income earned and assets preserved in foreign financial accounts. Later this year, the Service will be granted increased powers for enforcing international tax compliance. *Barron Harper is a U.S. international tax specialist serving the American expatriate community.* www.taxbarron.com / taxbarron@yahoo.com

EU calls for open, independent and accountable governance of the Internet

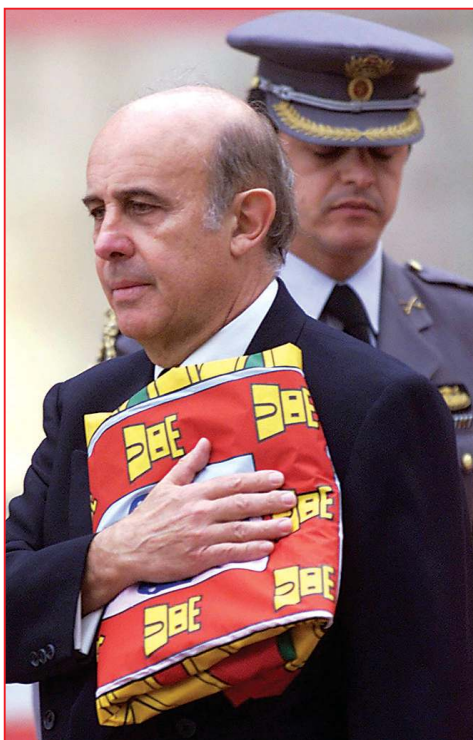
The European Commission, the executive branch of the European Union, today called, in a strategic document, for more transparency and multilateral accountability in the governance of the Internet. There are today 1.5 billion Internet users worldwide, 300 million of which are in the European Union's 27 Member States.

At present, a private US-based body, the Internet Corporation for Assigned Names and Numbers (ICANN), is responsible for coordinating key elements of the Internet. The Commission agrees that private companies should continue to take the lead in the day-to-day management of the operation of the Internet, as long as they are accountable and independent.

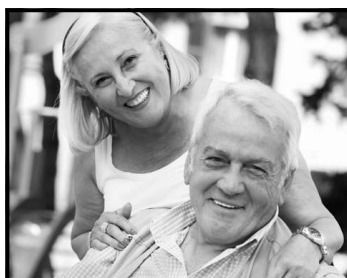
The Commission also believes that decisions about the Internet, especially those about openness and security, should be taken in a transparent and accountable manner because they affect everyone around the globe. ICANN currently operates under a Joint Project Agreement with the US

Department of Commerce which expires on 30 September 2009. In the view of the European Commission, future Internet governance arrangements should reflect the key role that the global network has come to play for all countries.

Viviane Reding, the EU's Commissioner for Information Society and Media said: "The Internet Corporation for Assigned Names and Numbers is approaching a historic point in its development. Will it become a fully independent organisation, accountable to the global Internet community? Europeans would expect so, and this is what we will push for. I call on the United States to work together with the European Union to achieve this."



At the end of the millennium the outgoing Governor of Macao, Vasco Rocha Vieira, followed by an aide de camp, holds a Portuguese flag as he leaves Macao's Government Palace after a flag lowering ceremony on 19 December, 1999. Rocha left his office for the last time before Portugal formally handed Macao back to China, ending over 400 years of colonial rule. (Photo: AFP)



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Over 1,500 textile workers in Portugal to receive EU help

The European Commission has this week approved an application from Portugal for assistance from the European Globalisation Adjustment Fund (EGF).

The application will now be sent to the European Parliament and Council for decision. If approved, the €832,800 requested will help 1,504 redundant workers in the textile sector back into employment as quickly as possible.

EU Employment Commissioner Vladimir Špidla said: "In the Portuguese textile sector, 97.8 percent of unemployment is concentrated in the north and central regions. I am therefore glad that the Portuguese authorities have chosen to apply for EGF funding, which will help to get these workers back onto the labour market as quickly as possible."

The Portuguese application concerns workers made redundant in 49 small- and medium-sized enterprises in the two neighbouring regions of north and central.

The northern region of Portu-

gal is the most specialised in the EU in the textile and clothing sector. In terms of employment in this region, the sector represents over 14 percent of the total labour force. In the central region, the textile and clothing industries represent 15 percent of industrial employment.

Following the end of the World Trade Organisation Multi-Fibre Arrangement at the end of 2004, imports of textile and clothing articles into the EU from lower-cost countries almost doubled. EU producers, including those in Portugal, were faced with a very competitive market.

In addition, much production has relocated from the EU to low-cost countries (China and India in particular).

The total estimated cost of the package of EGF assistance, which will include career guidance, vocational training, support for entrepreneurship, and skills recognition and certification for the redundant workers is €1.6 million, of which the European Globalisation Adjustment Fund has been asked to give €832,800.

No sackings at Ikea in Portugal

Swedish furniture giant Ikea announced this week that it will be cutting down its staff contingent by around five thousand across the globe.

Despite concerns that numbers would be reduced at Ikea's Matosinhos store in the north and at Alfragide just outside

Lisbon, jobs here appear to be secure.

"We are going to fully comply with our expansion plans in Portugal, and as a result, this situation [cutting of staff] will not affect the country", a company representative was quoted as saying this week.

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Retail revenue rising



According to the Portuguese Association for Distribution Companies (APED), revenue in that sector grew by 12 percent last year, earning the country some 14 billion euros and creating more than five thousand jobs.

APED revealed that the number of associates also rose from 94 in 2007 to 98 in 2008, representing 2,437 stores and 81,267 employees.

Last year's intake represents 8.4 percent of Portugal's Gross Domestic Product, having risen from 7.2 percent in 2006, to 7.7 percent in 2007, and finally to 8.4 percent last year.

Topping the list of most profitable distribution companies is Sonae, which a total business volume of €4,755 million euros (a 23 percent increase in comparison to 2007), and Jerónimo Martins, with €2,665 million euros (a rise of 18 percent in comparison to 2007).

Next is the Auchan Group, with an intake of €1,434 million euros (up 12 percent on figures from 2007), followed by Lidl, whose revenue last year was estimated by APED as being of around €1,236 million euros, an increase of 10 percent on their profit from 2007.

Entertainment retail chain Fnac was the most profitable brand amongst exclusively non-food outlets, taking seventh place on the list with revenue of €329 million, despite being the only chain to document a fall in business.

Fnac is followed by stationery store, Staples.

However the food sector has been estimated by APED as being responsible for 69 percent of the global revenue.



A view of the interior of the Continente supermarket in the Norteshopping Commercial Centre in Matosinhos. (Photo: Lusa / João Abreu Miranda)

New online service increases legal certainty on VAT numbers

The European Commission has this week made publicly available the possibility for a taxpayer to obtain a certificate proving they checked the validity of the VAT identification number of a client at a given time.

This certificate can be used as one of the elements of evidence supporting the non-application of VAT on supplies to business customers in other Member States.

It will therefore constitute one element for a compliant trader to prove his good faith in case he is involuntarily involved in a fraud (in particular carousel fraud) organised by his client. The new service is an improvement of the already existing VAT database VIES on the Internet. It is available at this web link: http://ec.europa.eu/taxation_customs/vies/vieshome.do?selectedLanguage=EN

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Neda Soltan: Anger and Fear

The grisly video of 26-year-old Neda Agha-Soltan dying in a Tehran street, shot down by a government thug, has already been seen by millions of Iranians. If the protesters against the alleged rigging of the recent election needed a dramatic image of martyrdom — and such images have a special resonance in Iran — they now have one. But things are not quite so simple.



Iranians living in The Netherlands and supporters shout slogans as they hold up flags and placards of the dead Iranian woman Neda Agha-Soltan during a protest against the Iranian election results, outside the Dutch Parliament in The Hague, The Netherlands on 23 June. Iranian President Ahmadinejad was re-elected on 12 June 2009. (Photo: EPA/Valerie Kuypers)

Her death, all the more affecting because she was not actually a protester but just trapped in the midst of the demo, has enraged many people, but it has also frightened them. She was only one of ten people killed on Saturday, 21 June, in Tehran by the police and the Basiji (the volunteer militia that normally serves as the regime's "morality police") but hers is the death that you can actually watch.

It was very fast, very ugly, and clearly quite arbitrary. If this is what happens to innocent bystanders, are you sure you want to go out and demonstrate again tomorrow?

The conventional wisdom says that in Iran such deaths only fuel popular anger and make the demos grow bigger, and that is certainly what happened during the struggle to overthrow the Shah of Iran thirty years ago.

But there were only hundreds of demonstrators, not hundreds of thousands, on the streets of Tehran in the days after Neda's death.

The regime has now nailed its colours to the mast: Supreme Leader Ayatollah Ali Khamenei has said that he will back President Mahmoud Ahmedinejad's disputed election victory come what may. There will not be a compromise in which the elections are re-run, maybe with a different outcome that makes Mir Hossein Mousavi, the opposition leader, the new president, but leaves Ali Khamenei and the basic principles of the "Islamic revolution" in place.

The regime's heavy artillery, a parallel army called the Revolutionary Guards, has now been deployed on the streets, and its website makes it clear that it is willing to kill demonstrators: "The Guards will firmly confront in a revolutionary way rioters and those who violate the law." In Iran, the phrase "in a revolutionary way" instantly recalls the tens of thousands of alleged enemies of the new regime who were killed in mass hangings in 1989.

It is the regime that has deliberately raised the stakes, from a mere dispute about the outcome of an election to an existential struggle for the regime's survival. It is a gamble, of course, for there are many young Iranians who would be willing to fight it out on that ground — but their leaders are not.

All three presidential candidates who believe they were cheated in the election are stalwart supporters of the Islamic regime. How could they be otherwise, when all presidential candidates are vetted by the Guardian Council for their revolutionary and Islamic dedication? Mousavi was prime minister during the war with Iraq in 1980-88. Mohsen Rezaie is a former commander of the Revolutionary Guards. Even Mehdi Karroubi, the most liberal of the candidates, is a cleric who has served the revolution faithfully,

if critically.

If it comes down to the survival of the Islamic revolutionary dispensation that they have devoted their lives to building, Mousavi, Rezaie and Karroubi are all ultimately on the same side of the barricades as Khamenei and Ahmadinejad. That is precisely what it's coming down to, by the bold or desperate decision (take your pick) of Ali Khamenei. As he intends, it leaves the young people in the streets (60 percent of Iranians are under 30) without leaders.

You could hear the anguish in Mousavi's open letter to the Guardian Council, which is supposedly investigating the election of 12 June: "We are not against the Islamic system and its laws but against lies and deviations, and just want to reform it." And he told his followers:

"Protesting against lies and fraud is your right, (but) in your protests continue to show restraint." Nor did he tell them when they should next come out on the street to protest.

As more information becomes available, it looks likelier and likelier that there was massive rigging of the polls. Mehdi Karroubi, for example, got 55.5 percent of the votes in his home province of Lorestan in the last presidential election in 2005. This time, according to the official figures, he got only 4.6 percent, with most of the remainder shifting to Ahmadinejad. That is not remotely credible, nor could it have happened by accident.

It now seems likely that Khamenei and Ahmadinejad knew in advance that the latter's re-election bid was doomed, and rigged the election to "save the Islamic regime," or at least their version of it. Nothing could have been clumsier or more drastic than the intervention that they made, but it may have served its purpose, at least in the short run.

The protesters know they have been cheated, but without leaders or organisation they may not be able to continue. We will know if it's really over on 31 July, forty days after the killing of Neda Agha-Soltan.

In the Shia tradition, that's when the forty days of mourning end.

During the revolt against the Shah, that was when the masses came out into the streets again to remember their martyrs. The game is still afoot, but the young, predictably, have been betrayed yet again by their elders.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Portugal willing to accept whale hunting in exchange for conservation pledge



Portugal has admitted it may agree to the return of international whaling in exchange for reinforced conservation measures for the large cetaceans.

Environmental Minister Francisco Nunes Correia appealed for flexibility regarding the matter, which is an attempt to resolve internal conflict that the International Whaling Committee (CBI) has been experiencing for years.

"A solution will only be found if both sides are willing to make concessions and to accept that any final result will not be perfect for either side", he said.

Portugal has said it is open to reintroducing whaling from some of its coastal towns, as Japan has demanded for a number of years.

But in exchange for opening its doors this country asks that some conservation measures are reinforced and whaling carried out under scientific programmes be

reduced, because of which Japan slaughters hundreds of whales every year, particularly in Antarctica.

According to State Secretary for the Environment, Humberto Rosa, it will only make sense if an agreement is reached in which more protection for whales is ensured. "We are available to work on this", he said.

Commercial whaling at one point caused some species of cetaceans to reach the brink of extinction and has been suspended by a moratorium since 1986. Divided between countries that defend the activity and those that oppose it, the CBI has been struggling to avoid its own collapse.



Environment Minister Francisco Correia and Madeira Governor Alberto João Jardim during the opening session of the International Whaling Committee in Funchal on 22nd June. (Photo: Lusa / Homem de Gouveia)

New abuse law set for this summer

Following another case of a Child Protection Committee member being accused of sexually abusing a minor, this time a teacher, an urgent law change has been proposed in which compulsory checks of police records for adoption hopefuls as well as individuals applying for a job working with children is urged.

It was also proposed that such information remains public for a 23-year period, in an attempt to slash the number of child abuse cases.

As a result, individuals looking to adopt a child or work with children will be required to have a clean police record in that area.

It is predicted the new law will come into force this summer and will help in preventing

sexual predators' access to minors.

Last week a teacher from Familiarão, also a member of a child protection committee, was accused of sexually abusing a 16-year-old and was arrested.

According to an Internal Annual Safety Report, more than 1,000 victims are exposed to predators every year. Last year 1,384 investigations were launched into accusations of sexual abuse of minors; 90 arrests were made from a total of 268 suspects.

This possible law change comes two years after Portugal signed the European Convention against sexual abuse and after the Attorney General warned of a "real danger" that paedophiles could adopt a child in Portugal.

Jobless put on summer fire alert



One thousand unemployed citizens have been enlisted by the GNR to man watchtowers in sensitive areas across Portugal, places that are prone to summer forest fires.

Their main task is to survey the areas to which they are assigned and alert Civil Protection authorities the minute a breakout is spotted.

In return the GNR is footing the bills for lunches, transport, and 20 percent of unemployment benefits.

This year 16,227 hectares of forest have already been burnt, four times as much as the same period of last year, which motivated the GNR to recruit the additional manpower who in some

cases have substituted former employees.

Former fire vigilantes have not responded well to this measure, claiming they have more experience and those who were replaced by more cost-efficient labour were counting on the work.

Lieutenant-Colonel José Grisante, of the GNR's Nature and Environment Protection Service (SEPNA) argued "not all of the people who did this job were the best qualified for it, so this year we decided to recruit

from job centres where there is a larger selection of candidates".

He added "all vigilantes receive the necessary training in order to detect fires and transmit information as quickly as possible".

The first 140 watchmen, who cover 70 posts, started work at the beginning of the month, on shifts between 11h00 and 19h00. As of July 1st the surveillance will be carried out 24 hours a day and will include 236 GNR officers, taking the total number of

watchmen to nearly 1,000.

Meanwhile Internal Affairs Minister Rui Pereira has blamed the climate for the increase in the amount of land burnt between January 1st and May 15th this year, saying "last year the weather conditions were very good, but this year they have worsened".

March has been highlighted as the worst month so far this year, during which 3,649 fires were reported, scorching a total of 12,427 hectares.



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Algarve's fourth busiest tourist office gets facelift



On Thursday last week Lagoa Mayor Dr. José Inácio and the head of the regional Algarve tourism board (ERTA) António Pina opened Carveiro's completely revamped tourism office, which is the fourth most used by tourists in the Algarve, following Faro, Tavira and Albufeira.

The new office represents an investment of around €85,000 and, according to António Pina, "is worth every cent".
"We cannot just invest in pro-

motion; we have to be seductive 365 days per year. When you invite a friend to your home that friend should be received in the best possible way and offered the best conditions".

"It is with some emotion that I inaugurate this office", António Pina elaborated, explaining that the Carveiro tourism office was of particular importance to him as his father was a native.

Mayor Inácio continued the praise by telling **The Portugal News** "I am very pleased to be opening this office as it is like a welcoming room for visitors, it contributes to improving the image of Carveiro".

Drª. Elisabete Máximo, coordinator of regional tourism offices, confirmed that the ERTA

hoped to inaugurate a further three branches, in Sagres, Quarteira and Monte Gordo.

Rosa Maria Santos, an employee at the revamped Carveiro Tourist Office is looking forward to receiving some of the many thousands of tourists that visit Carveiro every year.

"We are here to educate as well as help tourists", she said, adding "this office couldn't be in a better place".

It is another essential part of a fully revamped Carveiro whose downtown square has been totally transformed over the past 12 months, as has its roadways, which are now in the final phases of completion following many months of disruption.



Lagoa Mayor José Inácio is given a hand by Algarve Tourism President António Pina at the inauguration of the revamped Tourist Office in Carveiro. (Photo: The Portugal News)

€60,000 raised for local charities

Parque da Floresta hosted its fourth annual charity weekend on 5th June raising over €60,000 for local charities.

The Fund, supported mainly by local businesses, golf club members and guests of Parque da

Floresta was set up in 2006 to raise money for local charities at every available opportunity throughout the year. However once a year, supporters meet for a weekend of golf and entertainment - the primary reason being

to help raise funds for Algarve charities. In its four years of existence so far, the Charity Fund Weekend has proved to be a huge success, raising over €300,000 net.

The main sponsor of the event this year was the Portuguese insurance company Tranquilidade

with Baptista Supermarket in Luz also contributing generously.

Only local charities benefit from this annual event and this year these include: NECI School for handicapped children based in Luz), Associação Oncológica do Algarve (cancer care facilities),

The Senior Citizens' Day Centre in Figueira, Lagos Orphans, the Bombeiros based in Vila do Bispo and CRACEP, the re-education & support centre for the mentally handicapped based in Portimão.

Paul Scholes - Manchester United midfielder and a property owner at Parque da Floresta supports the event and commends the efforts of the team behind the Fund. He commented, "Vigia's vision is to establish this event as the most successful charity fundraiser in the Algarve golfing calendar - and in doing so, fulfilling the dreams of many worthwhile charities along the way."

The Parque's Golf Director Alan Hodson commented: "The generous support we receive at Parque da Floresta to host this event gets better year on year. I would like to thank everyone who has contributed generously or given up their free time to help us host what really was a terrific weekend. A particular thank you to all golf resorts in the Algarve and Lisbon for their support. The funding that we can collectively provide through this yearly event is invaluable for charities."

For anyone who was not able to attend the event but would still like to contribute, please contact Pauline Binnie on +351 965 396 092.

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Grease at Vale Verde International School



VVIS's summer production took place on Thursday and Friday 18th & 19th June in the school theatre, playing to packed audiences, some of whom had come a long way to see the show.

In order to accommodate a large cast whose ages ranged from 10 to 15, some adaptations were made and one scene was added using original material to feature the young performers.

Star roles were played by Leo

Bourne (Danny) and India Harris (Sandy) supported by a talented cast. Much use was made of a robust large chorus and band of 14 players to back up the musical numbers.

Performances by members of

the cast reflected the obvious enjoyment they felt in participating in a popular musical. Lines were delivered with confidence and the musical numbers sung with accuracy and clear diction. Special mention is needed for



Vale Verde School's (VVIS) adapted version of 'Grease'.

Fundraising walk for skin cancer

Throughout this summer the Algarve Cancer Association will be organising a number of walks along the region's beaches to raise awareness for skin cancer.

The 'Walk with the Sun' hikes will take place in June, July and August, the first of which is happening in Quarteira, on June 28th.

Those interested in taking part in the walk should enrol before June 25th at any Garvetur real estate office in Lagos, Portimão, Armação de Pêra, Albufeira, Vilamoura, Quarteira, Loulé, Faro or Tavira, or at the Algarve Cancer Association offices in Faro or Portimão.

Walkers are asked to gather at 08.30h, in front of the *Restaurante Lendário*, Quarteira, the walk taking place over seven kilometres along the walkway towards Vilamoura, around the Marina, and back.

A €5 enrolment fee is charged per adult, €3.50 per child, which will be put towards the construction of the 'Casa Flor das Dunas' temporary housing unit for long-distance patients having radiotherapy treatment in Faro.

Included in the fee is a T-shirt, a hat, sun cream and other promotional gifts.

For more information please call the Algarve Cancer Association on: 289 807 531 (Faro), or 282 412 234 (Portimão).

Summer Barbecue at Hotel Garbe

More than ninety revellers joined in the fun at the APAA Summer Barbecue, hosted by the Hotel Garbe, Armação de Pêra last Saturday night. The food was superb, with a choice of Indian and Continental cuisine, and the setting, on a terrace overlooking the beach, added to the wonderful atmosphere. Howard Parkin provided the music for the evening and was on top form.

APAA President, Alan Camplin-Smith, was delighted

that we were joined by Lesley Normington of Amigos dos Gatos, Marta Correia and colleagues from PAAA (Projecto de Ajuda Alimentar Animal) and APAA's first President, Verna Kinder and her husband. Verna now helps with re-homing dogs for Goldra animal shelter and is helping APAA with the organisation of Scruffs Dog Show at the Fatacil Centre on Sunday 20 September.

After the raffle Alan surprised the Association's main

fundraiser, Jenny Clarke, with a small gift as a token of thanks for all her hard work in organising the evening which raised almost €950 for APAA's SNiP (Spaying and Neutering in Portugal) scheme.

The next event is a Quiz Night with raffle on Thursday 2 July at the famous A Colina Hotel and Restaurant, Ludo, Almancil. Tickets cost €20 per person. To book telephone Shirley Dunne on 936 933 799 or e-mail shrillys@yahoo.com.

Faro beach is kitesurf heaven



Faro beach is becoming a reference point for kitesurfers internationally as it provides ideal conditions to practise the sport, constant wind, pleasing temperatures and shallow water, according to the sport's enthusiasts.

Despite not being officially recognized as a sport yet, kitesurfing has grown significantly over the last couple of years, with kitesurf schools popping up all over the Algarve to teach the sport that combines wakeboarding, windsurfing and kiting.

In Faro, the '4Kites' school, which works together with 'South Store', launches around one hundred kitesurfers each year, of which 70% are foreigners.

These figures highlight that the sport can boost tourism in the region, especially during the low season. "It is an activity that, with regulations, could have great potential for tourism" said Sofia Teles.

According to João Ataíde and Sofia Teles, instructors at '4Kites' school, the lack of regulations, and legal loopholes make the conciliation of the sport with swimmers and water-borne vessels difficult as they all share the same element. For this reason they encourage kitesurfers to practise the sport on the south side of the beach, where there are fewer people.

Despite the growing popularity of the sport, the instructors warn people of the dangers that might occur as it can be a very dangerous sport, due to the high speeds attained.

"I think the biggest attraction of this sport is the speed you can reach and the adrenaline rush of

being pulled by a giant kite" said José Carlos, an experienced kitesurfer.

Having become used to the conflicts the sport generates, he supports the placement of awareness signs for the kitesurfers and for them to be forced to move to the south side of the beach during the peak of the summer season.

The big 'boom' of kitesurfing happened around two years ago, when the number of the sport's enthusiasts multiplied extremely fast, from dozens to hundreds.

The sport consists of being pulled by a giant kite, around fourteen metres wide, using the power of the wind on a board with foot straps.

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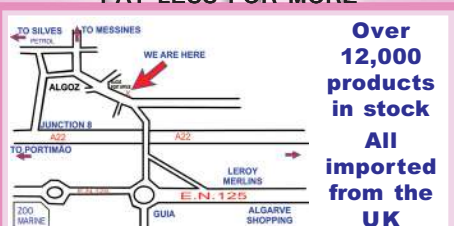
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Lisbon Bike Tour participant dies



The 2009 Lisbon Bike Tour gathered thousands of bicycle enthusiasts on the Vasco da Gama bridge last Sunday, in the fourth year of the event. Unfortunately though, during the race, one of the cyclists suffered a heart attack and died on the bridge mid-race.

The 63 year old man suffered a heart attack on the bridge and was aided by an off-duty Red Cross nurse, who was also participating, whilst waiting for Emergency Medical Services (INEM) to arrive. Her efforts were in vain though as Emergency Medical Services only arrived twenty minutes later, by which time the man had died.

Débora Alves, the Red Cross Nurse who aided the victim, considered the INEM's late arrival

"unacceptable".

The Lisbon Bike Tour organisation did not share the same point of view however, claiming it would have been very difficult for the INEM to have provided a more effective service as the sudden heart attack happened amongst thousands of people, which hampered their response time, adding that several elements from the organisation gave support whilst waiting for the INEM to arrive.



Participants of the IV Lisbon Bike Tour, cycling over the Vasco da Gama bridge, finishing at the Parque das Nações. (Photo: José Sena Goulão/LUSA)

Marriott helps local community

The Lisbon Marriott Hotel, in association with Clínica Maló and Lisbon Zoo, joined the 'Spirit of Serving our Communities' programme by helping victims of abuse and orphans, from Tercena Refuge, with the basic necessities they struggle to obtain.



'Espírito de Servir' is an annual social and community intervention programme which seeks to help struggling children and teenagers to establish themselves professionally and socially within the community.

A total of 14 teenagers and 45 children from Tercena Refuge counted on the support of Lisbon Marriott Hotel, Lisbon Zoo and Clínica Maló to improve their living conditions by providing professional courses, employment at the Lisbon Marriott Hotel and basic health services (dental treatment and other areas of expertise of Clínica Maló).

For the younger children the programme consisted of cooking activities, under the guidance of Chef Michael Boenke from the Marriott Hotel, and free entries into Lisbon Zoo, with lots of entertainment in the company of former footballer, Luís Figo.

Mother fighting for son's return gets inspiring visit

The teenage mother of a child that Cascais Courts decided to give up for adoption received a surprise visit by the director of Faro's Refúgio Aboim Ascensão, where her son is being cared for, in Cascais last weekend.

Luís Villas-Boas travelled to Cascais on Saturday 20th, where Ana Rita Leonardo remained in protest outside the Court building for five straight days, as the Courts have not yet reversed their decision to allow the teenage mother to take care of her child. Having not seen her son for six months, Luís Villas-Boas made the journey to send her a kiss from Martim and to say that he was doing alright, looking handsome and grown up, as well as to give some support to the distraught mother. "He told me to be calm, that everything would

work out and that Martim will come back to me" said Ana Rita, the fifteen year old mother who had her son taken away on February 26th 2007 because she did not have the necessary conditions to take care of him.

Three days prior to his visit, Villas-Boas sent a clinical report to the Cascais court defending the re-evaluation of Ana Rita's case as he believes she should be given the chance to take care of her own child.

Over the past few months, since she was prohibited from seeing her child at the Aboim Ascensão Refuge as Martim became emotionally distressed when she left, Ana Rita has staged several protests in order to be able to see her son again, with hopes of one day being able to take back custody of her child.

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Golf tournament and summer lunch

On Friday 12th June, 39 golfers took part in the 75th anniversary of St. Andrew's Society, Lisbon's 'Scotland versus The Rest of the World' Tournament at Estoril Golf Club.

With 19 Scots and 20 brave souls representing the rest of the world, the final scores ranged from 4 to 39 stableford points. The gross prize was won by Ron Goddard, representing Scotland with 39 points. The first net prize with 37 points was won by Denys Stormont, also representing Scotland. Second and third prizes were taken by the Rest of the World represented by Chico Leite Monteiro and David Gray, winning on a count-back over Bruce Dawson and Richard Evans. David Gray and Miranda Thomas won the longest drive prizes and Sally Buxton was nearest the pin.

The Quaiach was won by the Scottish team with an average of 28.73 beating the Rest of the World, whose average was 27.75.

A convivial lunch was attended by over 50 people at the



Quinta de Santo Antonio in Malveira da Serra. Thanks to our sponsors, Glenfiddich, malt whisky flowed freely before, during and after lunch and all prize winners were presented with a bottle of this very special malt whisky.

The next event in the Society's calendar is The St. Andrew's Ball, to be held on Sat-

urday 21st November in The Hotel Palacio, Estoril. This promises to be a special occasion to mark 75 uninterrupted years of the celebration of Scottish heritage and culture in Portugal. Very early booking is advised as this event is generally sold out months in advance. Contact Secretary Theresa Adams for more information on adams@sapo.pt

Arts and Crafts Fair handed major investment

Turismo de Estoril will be investing €300,000 in the 46th Arts and Crafts Fair of Estoril, the oldest of its kind in Portugal, which is expected to attract 150,000 people.

"The Arts and Crafts Fair is entering a new cycle because it is the first year that the organisation has been handed to Turismo de Estoril" declared Duarte Nobre Guedes, a member of the organization, adding that the format will not change, although some changes will occur to improve the quality of the Fair. Other members said the event is not being organised to generate profit and that the revenue will only be used to cover costs.

To be held from July 2nd to August 30th, the Estoril Arts and Crafts Fair (FIARTIL) will have around 300 craftsmen showing their skills and techniques garnered from several different areas of the country, using materials such as wood, glass and clay.

Besides the exhibition area, which consists of over one hundred stands, the FIARTIL will also present a cultural programme that includes the exhibition by ethnic groups and folklore dancers, as well as orchestras and jazz concerts. Friday nights will be dedicated to Portuguese Fado, with renowned artists such as Mafalda Arnaut, Raquel Tavares, Carminho making an appearance.

The FIARTIL grounds, in front of Estoril Congress Centre, have a 2,500 people capacity, having attracted 130,000 visitors over the two month period last year, a figure Turismo de Estoril hope to surpass.

The Estoril Arts and Crafts Fair will be open from Monday to Friday, from 18h00 to 24h00, and on weekends and bank holidays, from 17h00 to 24h00, with ticket prices ranging from €0.50 and €2.50. Children under 12 enter for free.

Biggest gay march ever

Over one thousand people gathered at the Príncipe Real Gardens for the tenth Lesbian, Gay, Bisexual and Transsexual pride march, which seeks to fight for equal rights amongst all citizens, regardless of their sexual orientation.

ILGA (International Lesbian and Gay Association) Portugal organised an all gay, lesbian and transsexual march which began at the Príncipe Real gardens, in Lisbon, on Friday 19th June, in order to speak out for equal rights, regardless of people's sexual orientation. "This is a moment of both celebration and vindication where we will affirm that the public space is ours as well, and affirm that we too, as with any other citizen, have exactly the same rights and we will once more vindicate the equality before the law, specifically our right to marry" stated the President of ILGA Portugal, Paulo Córte-Real.

Marching and chanting lines such as "Whether a man or a woman, I will love who I want", "No more, no less, equal rights" the group of over one thousand

made their way to Restauradores Square, representing the event's best attendance yet, in its ten years of existence: "It is not a question of numbers that is relevant, it is mainly the enthusiasm shown by people and I think that the enthusiasm has been felt this year, as we have a clear course in the direction of equality" said Paulo Córte-Real however.

This year's organisation counted among its supporters, besides the ILGA, Portugal's Associação Cultural Janela Indiscreta, Associação para o Planeamento da Família, Médicos pela Escolha, ATTAC Portugal, Não te Prives, Panteras Rosa, Grupo de Católicos Homossexuais, Rede Portuguesa de Jovens para a Igualdade de Oportunidades, SOS Racismo, União de Mulheres Alternativa e Resposta and Rede Ex-aequo.

João Nunes Construções



Established in 1989, João Nunes Construções is a family-run business that now boasts a portfolio of over 100 made-to-measure homes across the Algarve, constructed from scratch. Their vast expertise in all things property-construction-related cater for extensions, renovations, building management and construction supervising. Owned and run by João Nunes, with the help of son-in-law, civil engineer Thierry, and general manager Sr. Martins Snr. (Thierry's father), João Nunes Construções strives to create the best possible relationship with their clients. All client input is highly valued and nothing is too much to ask for or accommodate.

João Nunes welcomes clients to visit the sites at any time, "to see how their property is coming along and if it is to their satisfaction".

"We know we are not just building a house", explained Thierry, "we are building peoples' dreams, so we need to listen to everything they say".

As well as renovations, extensions

and upgrades, João Nunes build their own properties from scratch though always leave flexibility to accommodate future owners' wishes.

Working closely with a team of architects and engineers, the company can also design and build homes for those who own a plot but have yet to develop it. One particularity João Nunes pride themselves on is being constantly on par with the latest construction legislations. For example, earlier this year new rules were applied to construction in Portugal, aiming to make new-builds more energy efficient and eco-friendly, as a norm.

João Nunes' constructions incorporate high quality materials, based on double wall structures with inbuilt insulation and air circulation facilities, to avoid condensation and humidity, complying with advanced construction methods and surpassing standard requirements.

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DELEME JANELAS, a window of opportunity



Window specialists DELEME JANELAS is a registered brand belonging to the DELEME COMERCIAL group.

DELEME COMERCIAL started its activity in 1998 with the objective of becoming the largest national reference in windows for private customers and with a mission of contributing to increasing comfort and safety for people in their homes, using solutions that also contribute to saving energy and using environmentally-friendly resources.

DELEME JANELAS' windows are made with the concern of offering maximum durability, high levels of isolation, security and energy efficiency. DELEME JANELAS benefits from a partnership with a European market-leading renovation company - TRYBA -, but also gives its products the bonus of a national incorporation of more than 70 percent in overall value. In 1999 a first outlet in Cantanhede was opened, followed by Lisbon, the Algarve, and later on, in Oporto.

The stores are retail points com-

plete with spacious show rooms and offer clients a handy place where they can confer with professionals who are dedicated to giving the best possible advice. The overall goal is to offer a service of excellence.

The DELEME JANELAS brand is the first in Portugal to invest in offering the client a binomial of both products and service. The company believes that DELEME JANELAS' products and services offer the best compromise between price and quality.

However, the main differentiating factor was, and continues to be, service. Every year DELEME COMERCIAL has launched a variety of products and services that transmit trust to their clients and guarantee advantages to those investing in their solutions.

Adding to the value of their service is the care and thoroughness provided in the company's after-sales assistance.

Having now been established for more than 10 years, DELEME COMERCIAL is proud to be Portugal's most famous and highest recommended window company.

That is their best publicity.

Innovate with Ecosystemas



Already established as a leading construction and garden landscaping development company, Ecosystemas strive to keep up with the times by providing the latest technological features for homes and gardens, together with their expertise and unique approach towards projects, reasons why they are the best in the business.

Demonstrating innovation and adaptation to all sorts of environments, Ecosystemas have built a fantastic reputation over the years and are now a very well renowned brand when it comes to Garden Landscaping and Construction.

Their extensive portfolio is truly amazing, having designed and built over one thousand projects which complement their surroundings to perfection, many of which award winning projects, such as the Martinhal resort, which recently won the Best Luxury Development Worldwide and Best Landscape Design Worldwide at the prestigious Homes Overseas Awards Ceremony and gala dinner held at the Grosvenor House, Park Lane in London on 28 November 2008.

Each one of their projects meets even the most demanding client's requirements, with their teams carrying out projects from beginning to end, which includes the conception of the project, construction, mainte-

nance and guarantee.

With over one hundred staff, you can rest assured Ecosystemas have the capabilities to carry out any sort of job, from landscaping a whole development to maintaining a single garden.

Some of their new features for gardens are the Interfog and Fogco, professionally installed systems which offer the same state of the art misting technology, provided to major theme parks and industry around the world, bringing down the ambient temperature whilst giving a tropical feel to the surrounding area. These systems can provide cooling of outdoor temperatures by up to 10 °C with no noticeable increase in humidity, mainly due to the tiny proportions of the water droplets (5 microns or 5 millionths of a metre) sprayed into the area, which then flash evaporate, reducing the temperature.

Ecosystemas have also marked their presence in the research area, more concretely in Chemistry, soils, lawns, equipment and water resources, to maintain their grasp on the fast evolving business and to be able to provide clients with the best options available.

Their garden centre, located near Odiáxere on the EN 125, has vast range products of gardening, outdoor furniture and decoration and also thousands of plants to ensure full customer satisfaction.

THIS WEEK'S PROFILES



João Nunes Construções

For more information or a viewing, call João Nunes Construções on: (+351) 289 417 867, fax: 289 417 869, mobile: 966 570 158, email: jn.geral@gmail.com, or geral@joao-nunes.com. Alternatively, see website: www.joao-nunes.com.



Ecosystemas

For more information on Ecosystemas please visit the garden centre or check out the website www.ecosistemasol.com, email: ecosistemas@mail.telepac.pt or call: (+351) 282 799 537.



DELEME JANELAS

Visit any store in the Algarve, Lisbon, Oporto or Cantanhede, the company will be pleased to meet you. For more information, see: www.deleme.pt, free-phone: 808 201 384, or email: geral@deleme-comercial.com.



OneFone

Join the many other happy OneFone users and call World Telecom now to find out how to get your OneFone on: 707 500 600.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

OneFone for Portugal

Designed to offer the competitive rates of a landline home-phone with the freedom and versatility of a handy mobile, the OneFone wonder phone has, since last summer, been revolutionising the telecommunications market.

Available exclusively through World Telecom, the OneFone Home Pack is based on a single monthly payment of €24.99 for which users enjoy unlimited phone calls to 11 countries, including most of Europe and the USA.

At the size of a standard mobile phone the OneFone can be used throughout Portugal, which now has 90 percent network coverage with recently reinforced coverage in the Eastern Algarve (Vale do Lobo / Quinta do Lago, Vilamoura, Quarteira, etc.).

The phone is a completely mobile unit and can be used anytime, anywhere, without inflated rates. All you have to do is key in a simple digit code and off you go - with your phone. This makes life very easy if you are a frequent traveller or will be moving home. No wires, no re-routing calls, and no waiting in lines to sign up for a new phone and respective number.

So what is the draw-back? There isn't one.

The OneFone is even beneficial

for those calling you; as it is a numeric number, they pay the same fixed rate as a regular landline phone number.



A Business Pack is available and differs from the Home Pack in that, whilst calls are not unlimited, it offers 500 free minutes and then any subsequent phone calls at heavily discounted rates.

One single payment of €85 (mobile unit) or €60 (desktop unit, both excluding IVA) is required to purchase the phone, plus the monthly bill of €24.99. That's it. Calls unlimited!

Pedro Serrão, General Manager of World Telecom, explained: "This product is a brilliant alternative to regular mobile phones as it is cheaper to call from and cheaper to call to. It is also an excellent replacement for the standard landline phone as not only can you use it in and outside your home, but in and outside your home town."

He added, "It really is as good as it sounds. It's a simple as that."

Richard plays a scorcher



Richard Betts winner of the D'Arcy Orders Flag Competition 2009

On a very hot day 25 players turned up to play for the D'Arcy Orders Cup.

The competition is medal play with a slight difference, whereby each player has their individual handicap added to the par of the course and together gives them the total amount of strokes that may be used, and when completed they then place their flag on the Fairway or Green etc which indicates they have finished.

The majority of players ended up either on the 15th, 16th or 17th holes.

Mark Dawson came in 3rd place when he ended 20mts short of the 18th green.

Two members went on to play the 19th, with Denys Stormont having one stroke remaining and Richard Betts with two.

Richard (1st) did not require the second as he passed Denys (2nd) on the fairway to take the Cup.

The longest drive for the Ladies was awarded to Jean Judd and Mark Dawson took the Men's.

The "in form" Richard was also nearest the pin, and the Captain's prize went to James Scarlet (in sympathy) as he took 13 strokes on two holes and finished his allocation on the 13th.

On a wonderful warm evening 40 members attended the prize giving and dinner at the Restaurant Jackpot in Estoril (opposite the Casino), and we were treated to an excellent meal and service on the new terrace.

The next competition, the "Cannon Ball" will be at Estoril Golf Club on Friday 17th July followed by a Buffet lunch at the club.

Send your stories & pictures to: copy@the-news.net

Saturday Bike Rides

This Saturday's ride starts from Tavira

There is a large free car park behind the Vila Gale hotel in Tavira. This is close by the river and the main road bridge over the river.

Let's meet here at 1.15pm. Please contact me if you need further details

Start Time

The ride starts at 1.30 pm.



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'Bichos' at the Cultural Centre in Almancil



SALOMÉ, 2009: Rafael Bordalo Pinheiro painted faience with glazed ceramics and hand-made cotton crochet. Photo: DMF, Lisbon (rights reserved)

The Centro Cultural São Lourenço will be exhibiting an exhibition by Joana Vasconcelos entitled "Bichos" from 24th June.

This is the first presentation of this artist at CCSL and the exhibition is organized in collaboration with the Loulé City Hall.

The works exhibited are part of a series developed from a small group of faience created by Rafael Bordalo Pinheiro.

The opening will be on Tuesday, June 23rd at 7.00pm, in the presence of the artist. At the same time the Galeria de Arte Convento Espírito Santo, in Loulé, will present the exhibition "Playtime" by the same artist. This will open on Wednesday, June 24th at 7.00pm, in the presence of the artist and the exhibition will be inside the Festival Med area.

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Porches Pottery
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Tickets are limited
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Bowls Algarve Summer League

Series six of the Summer league saw the clubs descend on Pedras (Cabanas) on another lovely day. Albufeira Cats clashed with PDF Pirates and the Pirates won convincingly by 37-22 and by 9 points to 1. This improved Pirates league situation quite dramatically, but Cats' continue to languish. Amendoeira and Pedras played out a tight match, Amendoeira eventually gaining the upper hand by 39-31 and 6 points to 4. Alvor Doves continued their smooth progress towards the league championship with a narrow 34-32 win over Valverde, claiming another 6 points against 4 to Valverde. Alvor Doves and

Alvor Eagles played out a strange game, as the Eagles won only one set, but this was by 22-4, ensuring they won overall 36-30, but Lark took 6 points to 4.

Doves push on ahead of the pack on 43 points, well ahead of Pedras on 36 and Eagles on 34. Valverde have 30 points, closely followed by the improving Pirates on 29 and the Larks on 28 points. Amendoeira remain in touch with 27, however the Cats have found it hard to get going this year and lag behind on 13 points.

The final round of fixtures takes the teams to Parque da Floresta next Thursday for the grand finale and presentation of trophies.

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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September to October after 2.30pm		With Clubs - 9 Holes - €32.50 18 Holes - €47.50	With Clubs - 9 Holes - €40.50 18 Holes - €57.50

*** Subject to availability. No service at weekends.

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Recipes from over the boarder



Restaurant Write-ups

Pashmina - Your host, Ramin Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a car park, it has glorious sea views from its terrace. Serving authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid disappointment.

Monte do Casal, country house hotel, spa and restaurant is a member of Small Luxury Hotels of the World. Situated in the beautiful historic location of Estoi, it is easy to find by following the yellow signs from Estoi square. Here you can enjoy à la-carte, fine dining on an evening, inside the restaurant

or lunch overlooking the lakes and waterfalls. On offer is an à la-carte five course degustation tasting menu with the option of five tasting wines, a vegetarian menu, plus both spa and lunch menus. Reservations are strongly recommended.

Mr Grillo is located in the centre of Porches in a colourful square allowing plenty of parking. Typically Portuguese - cosy and rustic with a wooden ceiling and subdued lighting inside, but if you prefer to eat your meal al fresco there is also a terrace.

Your hosts Edvardo and Billington offer international cuisine (flambé is their speciality) all at good value. They also have a bar stocking a fine selection of Portuguese wines, a choice of vegetarian dishes, and a children's menu as well. Their cheerful, attentive staff speak several languages and look forward to taking your reservation.

For our restaurant guide please see the hotline on pages 32 & 33

New!

The Portugal News TRAVEL WEBSITE

Past Reviews - Airline Links - Travel News
Live Arrivals & Departures - Online Tickets
www.travel.the-news.net



Try this yummy modern Spanish tapas for your dinner or even as a starter, washed down with cooling lemonade slushy

Paella with chicken, courgettes and rosemary (Paella de pollo, calabacines y romero)

Serves 6 (8-10 as a starter)

175ml olive oil
1.4kg chicken breasts, boned and cut into pieces
1 large onion, chopped
5 cloves garlic, minced
1 large green pepper, chopped
75ml dry sherry
325g pudding rice
650ml chicken stock
1/4 tsp saffron
1/4 tsp turmeric
3 tbsp chopped fresh rosemary
3 large courgettes, cut into 4-cm strips
Salt and freshly-ground black pepper

Heat 50ml of the oil in a paella pan. Add the chicken and cook until done and browned on all sides. Set aside. Clean the pan and heat the remaining olive oil over medium heat. Add the onion and cook for five minutes. Add the garlic and green pepper and cook for three minutes. Add the sherry and cook for a further minute. Pour in the rice and sauté for five minutes. Mix in the stock, saffron, turmeric, browned chicken and one-and-a-half tablespoons of the rosemary and cook for 15 minutes.

Sprinkle in the remaining rosemary and stir. Arrange the courgettes over the rice, cover and cook for a further 10 minutes or until the rice and chicken are tender and the stock has been absorbed. Allow to cool for five minutes and serve.

Icy lemonade slushy (Granizado)

(Serves 10)

5 juicy lemons
600ml boiling water
175g sugar
600ml cold water
Crushed ice, to serve

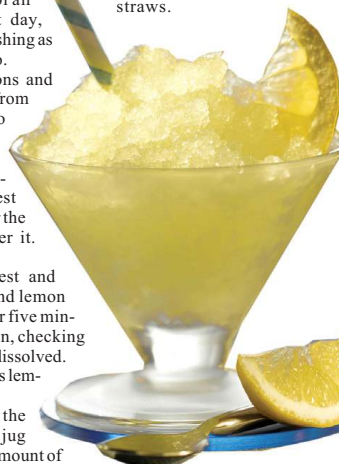
Sitting out under the trees at night, waiting for the first breath of cool air after a long, hot day, nothing is as refreshing as a lemon granizado.

Wash the lemons and pare the zest from them with a potato peeler. Halve them, squeeze out the juice and reserve it. Put the zest in a bowl and pour the boiling water over it. Leave until cold.

Remove the zest and stir in the sugar and lemon juice. Let stand for five minutes, then stir again, checking that the sugar has dissolved. Bottle and chill this lemonade.

To serve, pour the lemonade into a jug and add an equal amount of

cold water. Fill tall glasses with crushed ice, pour the liquid over it and drink through straws.



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Letter re. Car imports

SIR, Your correspondent, Tan Man, appears to be quite mixed up. The requirement is not, owning for six months before coming here, but before obtaining 'residência'. In this case he is exempt from import duty. European rules require both people and cars to be registered where they spend more than half the year. So be legal, obtain [your] 'residência', import your car for €100 and register to vote. If in doubt consult a lawyer.

JIM GLASSBROOK, By e-mail

Cristiano Ronaldo

SIR, 'Ronaldo gets Real Record deal' (The Portugal News, 13th June). But who is paying this obscene amount of money during a global economic crisis brought on by the world banks? It has been reported that Banco Santander, the largest bank in the Euro region, who are also the main corporate sponsors for the McLaren-Mercedes F1 team, has approved Madrid's application for a massive loan of €70 million to assist them in signing Cristiano Ronaldo and Kaka for a combined figure in excess of €160m. In addition, Spanish savings bank Caja Madrid admitted that it has agreed to give Real Madrid a €76m loan.

The record-breaking transfer will earn Ronaldo €130 million over six years. He is expected to earn €12 million in the first year, rising by 25 per cent a year to €35m — a weekly wage of €650,000. That is more than the playing budget of the Algarve's

top team SC Olhanense when they won the Division 2 Championship last season and 33 times more than the average Spaniard earns in a year.

For United, who paid £12.4 million for Ronaldo in 2003, the deal is good business, a net profit of £68 million. Even though the club has debts of more than £600 million, Sir Alex Ferguson will hope to use the money to replenish his squad. The competition is worth about £30 million a year to United.

SC Olhanense's playing budget next season will be €1.5m; considerably less than Jorge Mendes, Ronaldo's agent, will take home for a few weeks work. So the next time your Bank Manager, sorry Account Executive, tells you times are hard and that we are in the midst of a global recession you will be able to sleep comfortably knowing that at least one top sportsman is being helped by the banks.

CHRIS WRIGHT, Tavira

Advice from Snopes

By now, I suspect everyone is familiar with www.snopes.com and/or www.truthorfiction.com for determining whether information received via e-mail is just that: true/false or fact/fiction. Both are excellent sites. Below is their advice for us.

1) Any time you see an e-mail that says 'forward this on to 10 of your friends, sign this petition, or you'll get bad luck, good luck, or whatever', it almost always has an e-mail tracker program attached that tracks the cookies and e-mails of those folks

you forward to The host sender is getting a copy each time it gets forwarded and then is able to get lists of 'active' e-mail addresses to use in spam e-mails, or sell to other spammers.

2) Almost all e-mails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little kid in Florida who wanted to break the Guinness Book of Records for the most cards. All it was, and all any of this type of e-mail is, a way to get names and 'cookie' tracking information for telemarketers and spammers - to validate active e-mail accounts for their own profitable purposes.

You can do your friends and family members a great favor by sending this information to them; you will be providing a service to your friends, and will be rewarded by not getting thousands of spam e-mails in the future!

If you have been sending out (forwarding) the above kinds of e-mail, now you know why you get so much spam.

Do yourself a favor and stop adding your name(s) to those types of listings regardless how inviting they might sound!

You may think you are supporting a great cause, but you are not in the long run. Instead, you will be getting tons of junk mail later! Plus, we are helping the spammers get rich! Let's don't make it easy for them.

Also: E-mail petitions are NOT acceptable to Congress or any other organization. To be acceptable, petitions must have a signed signature and full address of the person signing the petition.

LENNY NEWTON, By e-mail

UK local election results

SIR, The percentage of votes cast for the various parties in the recent UK local elections were

not quite as Ron Lavery reports them (Letters, 20 June). The Liberal Democrats got 28% and Labour got 23%, not the other way round. The Liberal Democrats came second and Labour third. I suspect that Mr. Lavery is affected by the tendency of most of the British press to understate the Liberal Democrats.

NORMAN WALKER, Moncarapacho

Re. expat's votes

SIR, Further to your feature about local politicians seeking expats' votes, I too have been approached to appear on an electoral list, and to enroll other expats to vote; very flattering until you realize that the problems facing the council in question are such that local means alone will never cover the costs of various works.

So this poses the obvious question: why bother at all?

The authorities in power at present do not seem to care about the state of the roads in our village (one half-kilometre section in particular is a natural form of traffic control: anything over 20kph and the car shakes itself to bits!), nor do they care about the number of empty properties that are a magnet to drug users and other unsavoury characters.

Taxing tourists might be a boon to places like Faro, Albufeira and Lagos, but in the hinterland, the few tourists who make it past the bad roads are only too happy to go as quickly as they arrived.

Until some money is made available from some central (European?) fund, very little will happen and another village in the Algarve will shrivel and die. This is unspeakably sad as the potential is tremendous and with the right objectives, so much could be achieved! However, bad roads and no parking will never attract people, nor make them spend their money in the shops and

cafés... Let's hope that someone will see sense.

ANGRY RESIDENT, By e-mail

Can you help?

SIR, I am a Sri Lankan who is interested in the Portuguese period of Sri Lanka. Anyone who is willing to keep in contact with me and help me in this matter is greatly welcome.

UPALI, By e-mail
Contact by e-mail:
upali.dharmawardena@gmail.com

Algarve tourists to be taxed

SIR, In regards to June 20th article 'Algarve tourists to be taxed', I would like to know why just the tourists? There must be other ways of raising the supposed much needed cash, eg. wheel clamping for example. As most of us already know the majority of drivers in Portugal disobey the parking laws/rules on a regular basis, so why not bring in and enforce parking fines, and for serious parking offences wheel clamping. The council would surely be raking it in, in no time, especially [at] this time of year.

S.B., Messines

No sauce for the ganders!

SIR, Commiserations to Norman Walker on his response from Downing Street regarding the Winter Fuel Payment (Letters, 20th June). I received an identical reply to my letter on this subject to the then Minister of Work and Pensions, Malcolm Wicks, in 2004. The final paragraph of the reply Mr. Walker received is instructive: "... the Winter Fuel Payment ... is both reasonable and lawful". What a hollow ring this statement has in the light of the Daily Telegraph's thoroughgoing exposure of the financial abuses committed by our political masters! With this in mind, on 29th May I e-mailed the Minister Work and Pensions, Rosie Winterton, now demoted, as follows:

"Dear Miss Winterton, Now that it has emerged that you have liberally interpreted the allowance rules governing MPs' expenses with regard to your own claims, as Minister of Work

and Pensions could you not go some way to salving your conscience by extending the rules for the entitlement of Winter Fuel Payment to British non-UK-resident pensioners living in the EU to include those of us who left the UK prior to 5th January 1998?"

Your readers will not be surprised to learn that Miss Winterton has chosen not to reply! I suggest that Mr. Walker's appeal for the Prime Minister's personal opinion will be similarly treated.

MICHAEL BAUGH, By e-mail

Here today, gone tomorrow...

SIR, For some time I have been noticing a retail phenomenon. Food products appear for a 'short run' and then are withdrawn for ever, like bad films. As I like some of these products this has been somewhat frustrating, particularly when asked to believe by the store manager that 'the distributors just don't bring it any more'.

Have any of your readers experienced this problem? (It is closely connected with the extreme difficulty of finding decent low-salt foods in Portugal.)

RICHARD BARRY, By e-mail

Tourist

SIR, An item on page 2 of 27th June edition of The Portugal News reports that the occupancy of hotels in the Algarve dropped to less than 60% during the first four months of 2009, with a commensurate drop in income. What can be done to rectify this depressing state of affairs?

Readers need look no further than an item on the very next page. Some public official, who obviously marches to another drum beat, has proposed levying a small tax on tourists to offset the loss of revenue. What a brilliant piece of lateral thinking! That should dispel worries about the exchange rate and the cost of a round of golf and attract visitors by the shed load. Hotels and apartments will be overbooked again and the situation will be remedied in no time. It could well mark the start of Portugal's economic recovery. Does Portugal have the UK equivalent of an award for services to tourism?

RON LAVERY, By e-mail

Portuguese for Beginners

with Emília Rosendo

In today's lesson let's use verb "**ESTAR**" - "**to be**", in English - in "**Presente Simples do Indicativo**" - Present Simple.

⇒ Complete the sentences which follow with verb "**estar**" in "**Presente Simples do Indicativo**":

1. As janelas ___ fechadas e a luz ___ apagada.
2. O João e o Pedro ___ sozinhos em casa.
3. Eu e a Anabela ___ muito ocupadas.
4. Os rapazes ___ cansados e com fome.
5. Os dicionários ___ na sala de jantar.
6. O portão da garagem ___ aberto.
7. A menina ___ com muita sede.
8. A porta da cozinha ___ trancada.
9. Tu ___ triste e preocupado?
10. Vocês ___ com sono?
11. Hoje ___ muito calor.
12. Eu ___ bem, obrigada.



LESSON 10

Revision exercises with Verb "**ESTAR**" in the Present Simple

13. O aspirador ___ avariado.
14. O carro do Paulo ___ na oficina.
15. O estádio ainda ___ vazio.
16. As caixas ___ cheias de fotografias.
17. Vocês ___ tranquilos ou nervosos?
18. A água da piscina ___ muito fria.

⇒ Write correct sentences with the words below. Follow the example.

✓ as flores/ murcho - *As flores estão murchas.*

1. a rapariga/ triste/ desanimado
2. os jogadores/ entusiasmado
3. os trabalhadores/ desiludido
4. os espectadores/ comovido
5. os passageiros/ impaciente
6. a água para o chá/ quente
7. a festa/ divertido/ animado
8. o avião/ atrasado

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

Anti-whaling activists unveil 'Pirate Kangaroo' offensive against Japanese fleet

Forty volunteers from around the world will "risk their lives" later this year to try putting the Japanese whaling fleet "out of business", the head of the Sea Shepherd Conservation Society said on Wednesday.

"Our objective is to 'sink' the Japanese fleet from a business point of view", SSCS founder Paul Watson told journalists in the capital of Portugal's Madeira archipelago on the sidelines of a meeting of the International Whaling Commission.

Watson said that some 40 international volunteers, using two SSCS vessels, would try to

block Japanese whalers in Antarctic waters between December and March.

"During the last three years, the Japanese gained no profit from this activity and the SSCS wants to guarantee that these losses continue in coming years because it's the only language that everyone understands: loss of profits", he said.

The new anti-whaling campaign was dubbed "Waltzing Matilda" and will use a "pirate kangaroo" logo to honour Australia's opposition to whaling, Watson said. (See also page 6 of this edition) TPN/Lusa

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 27 Jun 2009

PROPERTY OF THE WEEK

A magnificent manor in the Western Algarve



Located in a quiet area between Lagos and Bensafrim this magnificent country estate comprises a spacious, four-bedroom villa, a separate, two-bedroom guest cottage, a heated pool, and is set in beautiful landscaped gardens with many palm and fruit trees on a plot of 15,600 square metres.

The property is approached by a private road and long driveway and has lovely country views. More exactly, it is situated about four kilometres from Lagos and the lovely beaches of Meia Praia and Praia da Luz.

The main villa comprise an entrance hall with cupboard, a guest toilet, a spacious living room with gas fireplace and double doors that lead into a dining room also with

gas fireplace.

A fully fitted kitchen with breakfast area is a delight to cook meals in and there is a door to an outside breakfast/dining terrace, where those meals can be enjoyed whilst drinking in lovely views of the gardens and valley beyond.

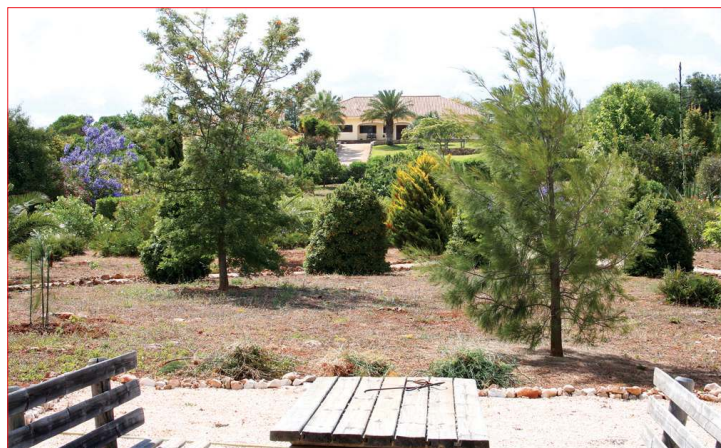
There is a large equipped laundry/utility room, two large double bedrooms (on the ground floor) both with en-suite bath-

rooms and showers (one has a Jacuzzi), fitted wardrobes and doors to the garden.

A separate linen room is also home to the hot water boiler.

On the first floor is another bedroom with en-suite bathroom, fitted wardrobes, air conditioning and a large private terrace.

A library/office space (which could be easily converted into bedroom number four) offers an extra



living space, a peaceful retreat that has a gas fireplace, air conditioning and access to a large terrace.

In the attic room there are 'His & Hers' dressing rooms and a spacious south-facing roof terrace. All rooms have electric oil heaters.

Finishings throughout the property include burglar-proof double glazing, mains electricity and water, satellite TV, ADSL connection and security shutters on doors and windows. Furthermore there is a large double garage.

The detached guest cottage has an entrance hall with a cupboard, an open-plan living-dining room,

a fully equipped kitchen with gas fireplace, two double bedrooms with fitted wardrobes, and a separate, shared bathroom. The basement comprises a garage plus a workshop. The guest cottage also has a large terrace and is to be sold with furniture included.

Both properties have access to a 12m x 5m heated pool, set in terraces between the main villa and guest cottage. An adjacent pool house homes a barbecue, bar, dressing room and shower room, the whole pool area being set in beautiful, fully fenced, landscaped gardens. There are picnic places in the formal and wild areas of the

gardens, which are automatically irrigated using both borehole and cisterna water.

The property is served by mains drains and a fossa, there is bottled gas for domestic hot water, and it has the unusual, quaint feature of having its own old well.

It is currently priced at €1,600,000.

For more information on this fabulous property or to book a viewing, call Elly Van Hulst Real Estate Lda on: (+351) 289 842 992, fax: 289 842 986, or email: ellyvanhulst@mail.telepac.pt.

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**Ref: 682 Manta Rota
€ 135.000**

Ground floor, two bedroom apt, brand new build, patio with BBQ, one bathroom, near facilities.



**Ref 858 Manta Rota
€ 150.000**

Ground floor resale apt, three bedrooms, lounge with fireplace, large patio side and rear, 300m from beach.



**Ref 861 Tavira nr
centre € 160.000**

Two bed brand new apt, fantastic finishes, air con, central vacuum system, equipped kitchen, shared pool, private roof terrace.



**Ref:790 Manta Rota
€ 189.000**

Air conditioned three bed generous townhouse, three bathrooms, large lounge diner, equipped kitchen space for a small pool.



**Ref: 861 Manta Rota
€ 180.000**

Ground floor maisonette, large patio and parking off road for two cars, good position, price negotiable.



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Villa - Neighbourhood Altura
3 bedroom villa on plot with 308,25m2 and swimming pool. Loft - divided into 2 large terraces with pretty view to coast. Garage. Situated approx. 2 Kms from the beach and 1 km from Altura, 5 Kms from the golf course and the Spanish border.
Price: € 250.000



Cottage - Neighbourhood Tavira
In the centre of a village, golf course & 3 Kms east of Tavira, this sweet 2 bedroom cottage has recently been lovingly restored in very good taste & includes a delightful, sheltered walled patio: 14m2. Loft. Pre-installation for air conditioning. Urban area of 128m2.
Price: € 175.000



Villa - Pedras Da Rainha
Villa type T1 with a nice terrace, situated in Pedras da Rainha, a holiday complex with swimming pools, tennis courts, restaurant, bar, reception, within walking distance to Cabanas. 4 Kms from Tavira, less than 1 Km to golf course. Air conditioning.
Price: € 135.000



Villa - Estiramantens
Located less than 10 mins from Stº Estevão & 15 mins to Tavira, this very comfortable 3 bedroom villa consists of one floor and is surrounded by fenced and walled plot with 2.160m2, with beautiful swimming pool, garage, roof terrace.
Price: € 375.000



House - Neighbourhood Quinta Ria Golf
Wonderful location within a few mins of 3 golf courses, 10 mins to Tavira, this 3 bedroom property enjoys views of the countryside & sea. Within area 472,10m2 of fenced garden, needs some modernising / TLC. Garage. Covered terraces.
Price: € 294.000

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Ref. A1251
Price: € 215.000



Santa Bárbara de Nexe

- Beautiful villa & gardens
- Lovely views to coast
- 3 bedrooms 3 bathrooms
- Heated pool 10m x 5m
- Games area, playground
- Villa 200m² plot 3.210m²

Ref. V1072
Price Reduced: € 660.000



Loulé

- Spacious luxury villa
- Lovely views to coast
- 5 bedrooms 5 bathrooms
- Heated pool, terrace
- BBQ with dining terrace
- Villa 348m² plot 4.300m²

Ref. V1242
Price: € 975.000



Messines

- Lovely single storey villa
- Traditional cottage style
- 3 bedrooms 2 bathrooms
- Pool 10 x 5, terrace, BBQ
- Garden & country views
- Villa 190m² plot 42.240m²

Ref. V1247
Price: € 425.000



Messines

- Large attractive villa
- Built 2008 country views
- 5 bedrooms 4 bathrooms
- Oil central heating, solar
- Terrace, garden & 2 lakes
- Villa 400m² plot 57.000m²

Ref. V1248
Price: € 475.000

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**VILAMOURA MARINA
MB92446**

Spacious 4 bedroom townhouse on very quiet area 100m from the prestigious Marina & only a short walk from beach, 140 sq.m. constr. area. Very well kept w/fully fitted & equipped Kitchen, separate living room w/fireplace. Large patio w/lovely BBQ area & garden. Private parking space for one car. On top of this you also can enjoy a large communal garden and swimming pool. Great rental potential.

Price: € 365,000



**BOLIQUEIME
MB82237**

Semi-new 3 bedroom townhouse on very quiet & residential area in the countryside. Only a few minutes walk to the centre of the picturesque Boliqueime village. Near all amenities. 200 sq.m. of constructed area. Fully fitted kitchen. Spacious living room. Large basement with automatic gate. Pre installed for air conditioning. South facing with lovely panoramic country and sea views.

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**BOLIQUEIME
A92454**

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Price: € 240,000



**VILAMOURA
A92488**

Fantastic 2 bedroom apartment near Marina & Falešias beach, approx. 10 mins walking. Condominium w/communal garden & sw. pool. 124 sq.m. constr. area. Top quality finishes. Fitted kitchen. Surround sound sys. Pre installation for A/c & central vacuum cleaning sys. Private parking space for 1 car & storage in the basement. South facing w/views towards the garden & the pool area. Great potential for letting.

Price: € 320,000

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Tavira

Must be seen! Luxurious 4 bedroom villa (293 m² + basement) with pool & garage set on a privileged location in Tavira. Large living room (42 m²) offering panoramic views. 1074 m² plot with low maintenance garden. High quality building materials.
Ref: LHV-901
Price: 749.000 (reduced from 895.000)



Near Tavira

New 3 bed / 2 bath bungalow (165 m²) with pool set on an elevated position 15 km North of Tavira enjoying far-reaching views to the sea and surroundings. Spacious lounge & fully equipped kitchen. Fully fenced plot & private borehole. Easy access.
Ref: LHV-941
Price: 450.000 (reduced from 495.000)



Moncarapacho

4-bedroom Quinta style property w/ garage located on a beautifully landscaped plot of land (1510 m²) offering privacy near Moncarapacho. Under floor heating, double glazing, well insulated. Project for pool pending for approval.
Ref: LHV-974
Price: 495.000 (reduced from 550.000)



Santa Catarina

Carefully designed, new 3 bedroom / 3 bathroom villa with pool & large plot of approx. 6000 m² offering privacy. Living room w/ high ceiling and open-plan kitchen. Throughout high tech insulation, quality finishing and carpentry. Mains water.
Ref: LHV-1020
Price: 425.000 (reduced from 450.000)



Near Tavira

Charming 3 bed / 2 bath bungalow style villa set in the countryside between Tavira and Manta Rota on a fully fenced plot (680 m²) with beautifully landscaped garden. Spacious garage & loft. Easy access by tarmac road. Offers invited.
Ref: LHV-1044
Price: 290.000



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Vilamoura

Studio apartment composed of lounge, bathroom and terrace. Furnished, equipped and with air conditioning. Construction area - 54 sq.m.

Ref: A1321

Price: € 70,000



Vilamoura

Situated near all facilities, one bedroom apartment composed of bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Parking space in the basement. Construction area - 74 sq.m.

Ref: A1188

Price: € 110,000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.

Ref: V12595

Price: € 180,000



Boliqueime

Country villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area and fireplace, equipped kitchen and various terraces. Roof terrace, swimming pool and garden. Plot area: 2.200 sq.m.

Ref: V12585

Price: € 450,000

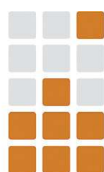
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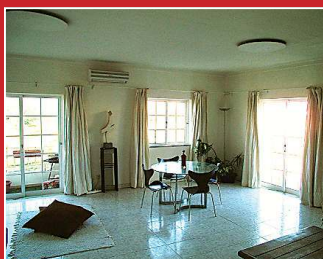
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The sweet smell of success



Roses, honeysuckle and sweetpeas are the most obvious choices for your scented garden.

Planting some highly-fragrant nemesia in pots on my patio recently made me start thinking about the importance of scent to a garden.

You can have wonderful aromas on your patio, or further up the garden the smell of deliciously-perfumed shrubs can fill the air.

If you only have room for one large scented plant at the back of your border, make it a mock orange (philadelphus), whose white flowers appear in profusion in June and July and whose rich orange-blossom fragrance can be enjoyed from a good distance away in the warm summer evenings.

It grows to around six feet (1.8 metres), although dwarf and taller varieties are available. It is easy to grow almost anywhere - in poor soil, salt-laden air or other inhospitable environments - but for the best results give it a sunny spot.

Of course, the obvious suspects to include in your scented scheme are honeysuckles and lilies, which will have a more intoxicating fragrance grown within an arbour or sheltered patio than in windy, exposed sites. Roses, too, provide a heady perfume.

Position fragrant blooms where they will be most appreciated. Visitors can brush against low hedges of lavender on a garden path, and pots of fragrant annuals such as the trailing Surfinia 'Blue Vein' can be

mounted on walls at sniffing height, while night-scented stocks and nicotiana planted below a window will create a wonderful scent indoors on summer evenings.

Dianthus, a genus which incorporates pinks, border carnations and sweet Williams, can also add the exotic aroma of cloves, while border phlox (Phlox paniculata) flowers from mid-summer to autumn and generates a delicious perfume.

Many herbs are also wonderfully aromatic as well as decorative. Thyme can trail over walls in rockeries or scree beds, rosemary has fantastic silver-grey, needle-like leaves and sage, basil and mint also add their own scent.

Conifers can also provide scent as well as height and year-round interest. Cupressus Goldcrest Wilma, an evergreen conifer with bright green, lemon-scented foliage, is often bought small to add height and foliage contrast to both summer and winter pots, although if planted out its eventual height will be six feet.

Each year I plant wigwags of sweet peas both in my borders and in patio pots, which will give me fabulous colour and scent throughout the summer. You need to cut them regularly to produce more flowers throughout the season, so it's a double whammy as the smell of bunches of colourful sweet-peas permeates through the house as well.

Many aromatic plants require full sun and can tolerate drought conditions, such as scented geraniums, whose leaves emit an enticing aroma. Mediterranean plants often like well-drained, gritty soil and a sunny aspect, so if you have heavy soil you may be better off raising the planting area to improve drainage and also bring the plants with their flowers and foliage closer to the nose.

Scent doesn't have to be con-

finied to summer. Spring charms include lilacs, daphnes and viburnums, while many spring-flowering bulbs, including hyacinths and some narcissi, are also fragrant.

And if you want to prolong your scented summer garden into autumn, plant foliage shrubs such as Elaeagnus pungens 'Maculata', which produces fragrant small white flowers.

Hannah Stephenson

From plot to plate



Radish (Raphanus sativa)

If you want to get your kids interested in gardening, then radishes are among the easiest veg to grow, producing hot, colourful salad additions about a month after sowing. You can sow them every two weeks to provide a continuous crop through summer. If

you leave the mature radishes in the ground for too long they soon become woody and inedible. Choose a sunny spot in soil which has been enriched with compost and rake the surface to a fine tilth. Summer varieties don't need thinning much, but do protect them against birds, hoe regularly to keep down weeds. Pull them when the round ones are around 2.5cm across. Japanese types can be left until they are around 15cm long. Good varieties include Cherry Belle, which is red with a mild flavour and are slow to go woody, and 'Sparkler', which is red with a white patch at the root and is very quick maturing.



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Decorate your home's exterior walls



Get those jobs done with a little help from DIY guru Julia Gray. This week: decorating those exterior walls.

Top tips for... painting exterior walls

- Work across the building from left to right, or right to left, painting a section at a time. Do the top half and then the bottom half, repeating for each section of wall. Don't stop painting in the middle of a section because the joins may show.
- Follow the manufacturer's instructions carefully for the masonry paint or exterior emulsion you're using, and ensure each coat is completely dry before doing another. Remember, the perfect conditions for this job are dry, warm but overcast weather - start as early as possible to make the most of the day.
- Unless you live in a bungalow, you'll need a long ladder to reach the house's upper floors.

Don't go up the ladder unless you're comfortable doing so, and be sure to take all the safety precautions listed below. If you feel safer with someone holding the bottom of the ladder, wait until there's someone available who can.

• Start by erecting the ladder correctly - for every four metres you extend it, it should be one metre away from the house, forming a 75-degree angle. The ladder should also sit on flat, level ground that's firm and stable.

• Secure the ladder at both the top (to the house) and bottom (to the ground) as you work across the house. If you have to rest the top of the ladder against a window, secure a piece of wood across the window first to take the weight. When working on the ladder, never lean across to reach - always move the ladder so you can reach without stretching.

Seasonal task...

If you have decking in your garden, clean it off with a medium to heavy-duty (110-130 bar) pressure washer. When the wood is dry, apply a couple of coats of decking treatment or oil, if necessary, to keep it looking good and wearing well for summer.

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Three ways to... stop a child lying.



A mother talking about lying with her daughter.

1. Don't allow activities such as watching TV, chatting on the phone, sports etc until homework is completed satisfactorily.

2. Set a specific time for homework to be done every night.

3. Encourage your child and help her where permitted, show interest in what she's doing and look over her finished work.

Most UK family time is spent watching TV, but children would rather do exercise such as cycling with their parents, a new study has found.

A survey of more than 1,000



UK children aged between eight and 15 discovered that most didn't exercise with their family as much as they wanted to.

Almost nine out of 10 of those questioned by Halfords said they spent most of their family time watching TV, but only 3% wanted to.

The survey found that one in 10, six to nine year-olds couldn't ride a bike, and 14% of eight-to-11-year-olds felt they couldn't ride a bike well enough to go for family rides.

Readers Tip

Instead of punishing a toddler, try redirecting him by replacing unwanted behaviour with an acceptable behaviour. So if he's throwing a ball in the house and he shouldn't be, for example, take him outside to throw it.

News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Children's favourite playground clapping and skipping activities will be turned into Nintendo-style computer games as part of a new project.

Three English universities have teamed up with the British Library and gaming giant Nintendo to develop the prototype games, which will be similar to Wii Sports. Researchers will use recordings of playground games and songs held in archives at the British Library, and also collect cur-



rent examples direct from today's school playgrounds.

These will be used to create prototype games that can be played on a games console.

But why can't kids just go outside and actually do the real thing? Are some of them allergic to exercise?

Acupuncture can help relieve the symptoms of indigestion in pregnancy, new research suggests.

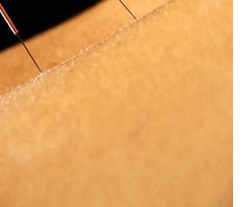
A small study involving 36 women found "significant improvements" among those treated with acupuncture.

Digestive disorders are one of the most frequent complaints in pregnancy, with 45% to 80% of women reporting problems such as heartburn, pain or discomfort, regurgitation, belching and bloating.

Researchers from Sao Paulo University in Brazil studied women aged 15 to 39 who were 15 to 30 weeks pregnant.

They found that average heartburn intensity fell by at least a half in 15 out of 20 (75%) women receiving acupuncture, compared with seven out of 16 (44%) women not receiving it.

The trouble is, if it's a straight choice between getting heartburn or having needles stuck in them, some women might choose heartburn.



• FREE COMPETITION •

Do you have Eagle Eyes? Look through the adverts (not editorial) in this week's paper and see if you can spot 3 Hoopoes (see pic right). Some may be easy to spot, others well hidden or only partially visible. When you have found the three hoopoes, email us with the company names of the three advertisers.



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Email your answer to competitions@the-news.net and write 'hoopoes' in the subject. Study all the adverts in the paper, and look for 3 hoopoes (see example above). We have distributed them throughout the paper, so be sure you look everywhere. Once you have found them, email us at: competitions@the-news.net with the company names of the three advertisers. We will draw the winners on Wednesday 1st July and the first correct answer that clearly identifies the locations of the hoopoes will win. First prize winner will be advised by email with information on how to book the free weekend and the name will be published in our July 4th edition. Runner's up will be advised by email and the email will be considered to be one voucher.

Last week's winner of a half day on board the 'Lady Amber' was David Reuben.

Ask the Expert

Q: "My daughter has just taken her A-levels and wants to go to university, but is worried sick, like us, about how we'll fund it. Have you got any tips?"

A: Lyndi Smith, who's just written a book about raising £25,000 (£32,116) to fund her own degree, says: "Relax. There's no need for you to re-mortgage the house or let your daughter graduate with £30,000 (38,540) worth of debt.

"In 1998 I raised over £25,000 (£32,116) to fund my place at the Royal Academy of Dramatic Art. I didn't qualify for a grant or a student loan, and my family couldn't afford to pay for me. I raised everything I needed with the support of family, friends and my local youth theatre.

"To start, find out what help you're entitled to from Direct.gov.uk's Student Finance. Also contact the university for details of their bursaries and scholarships.

"Calculate exactly how much her total expenses will be, including rent, food, travel, equipment and tuition fees. Work out how much she needs to raise after grants and other awards, and this is your target.

"Your fundraising campaign should include applying to charities, writing to individuals, gaining business sponsorship, and running charity events. You don't need to raise every penny before she starts, just enough for the first year. Holiday times can be used for future fundraising efforts.

"It helps to create a leaflet you can send out explaining your daughter's situation. My website www.degreesforfree.com has a sample leaflet you can download.

"I have also written a book on how to find charities, seek out business sponsors, run charity events and raise funds for your education."

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Face facts with the beauty champions

In today's fame-obsessed culture, celebrity-endorsed products are becoming more and more prominent on the beauty shelves.

Girl band The Saturdays have recently signed up as the legs of Veet, Lisa Snowdon is swishing her locks for Schwarzkopf and actress Freida Pinto is the new face of L'Oreal.



But forget the big campaigns, what are celebrities really reaching for in their designer make-up bags at home?

It's time to take a peek into the bathroom cabinets of the famous.

Rachel Stevens, Singer and face of Schwarzkopf Gliss

Routine: "I'm quite good with cleansing, toning and moisturising daily. As you get older you look after your skin more and I've started using preventative anti-wrinkle creams. If I'm not working, it's nice to have a day off from hair and make-up, which is usually when the paparazzi catch you!"

Make-up Musts: MAC Face & Body Foundation, Bourjois mascara, Clarins lipgloss.

Bathroom Essential: Dead Sea Spa Magik Salt Brushing Scrub makes your skin really soft for summer.

Latest Discovery: "I've done a lot of shoots recently and my hair's become quite dry so I've been using Gliss Total Repair Conditioner."

Hair Care: "I've got quite fine hair, but lots of it, so I can't use any products that weigh it down."

Insider Secret: "I've been taught how to use shimmer in secret little places that highlight your face and accentuate your features."

Signature Fragrance: Narciso Rodriguez For Her.

Beauty Disaster: "A corkscrew perm in the 80s. It was all the rage then!"

Colour or Neutrals: "I go for really strong eyes and neutral glossy lips but I like to be creative with colour in photo shoots."

Best Feature: "I always accentuate my eyes with lots of lashes."

On Strictly: "I loved the make-up on Strictly Come Dancing. My favourite look on the show was quite Seventies-inspired with strong gold and bronze glitter."

Jenni Falconer, TV presenter and face of Disaronno Boutique Parosol campaign

Routine: "I start and end each day by cleansing, toning and moisturising. I use Bobbi Brown cleanser and toner and Skin Nutrition serum, moisturiser and exfoliator. I try and give myself home facials a couple of nights a week."

Make-up Musts: Bobbi Brown Eye Brightener, Nars Orgasm/Laguna Highlighting Blush Duo, Givenchy Phenomen'eyes Mascara.

Bathroom Essential: "Skin Nutrition Complexion Revitalizing Serum is an allrounder must."

It works as a face moisturiser, after sun, on nails and on stretch marks."

Latest Discovery: "Elemis Pro-Collagen Radiantly Smooth Body Cream - really makes your body feel smooth and it's anti-ageing too."

Hair Care: "I have a high-lighted bob that's layered and undercut. My style's easily maintained - I wash it every morning but can dry it quickly because it's very straight naturally."

Insider Secret: "A white or light, pale blue line on the bottom inner lid of the eye will open your eyes and make you look more awake - perfect after a late night."

Signature Fragrance: "I've worn Thierry Mugler Angel for years."

Colour or Neutrals: "I tend to use neutrals on most occasions but sometimes, if I'm going out, I'll add bold colour. I have some fab green Suqqu eyeshadow."

Best Feature: "I'm told by make-up artists my eyes are good because they can take different colours. I know my feet are my least favourite!"

Spa Treatment: "I visit Cowshed for manicures and pedicures when I can and I also like Elemis treatments if I have time for relaxation."

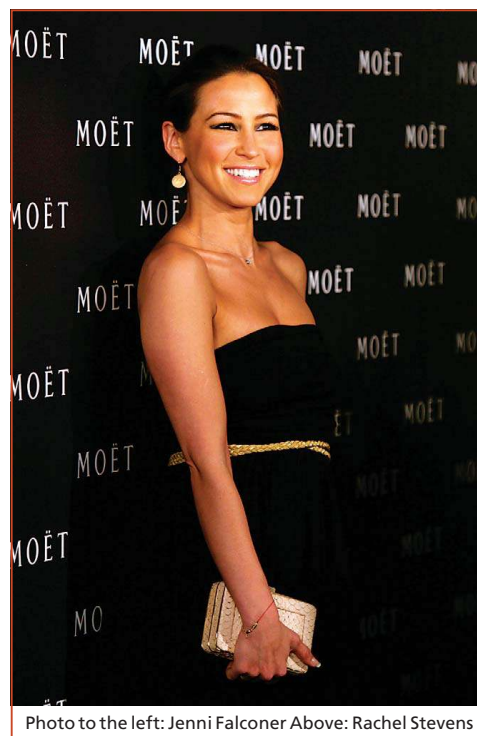


Photo to the left: Jenni Falconer Above: Rachel Stevens

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The sandal season is

Summer's here and it's time to get out those toes, but embarrassing corns and yellowing toenails can put you off flashing your flesh in sandals and flip flops. We ask the experts how to get feet healthy and ready to go on show.



Give your feet a holiday - a little pampering, fresh air and sunshine will not go unrewarded.

This summer's set to be a scorcher. But before you think about flashing some flesh and putting those feet on display, take a good look at them. After months of

wedging our toes into tight winter boots and shoes, many people will have forgotten what their feet look like. The thought of wearing sandals and flip flops might fill them with dread - especially those who suffer from verrucas,

or unsightly bunions.

But the summer doesn't have to be scary if you start looking after your feet, says the Society of Chiropodists and Podiatrists.

June marks the society's Feet For Life Month, so there's no better time to give those neglected toes some TLC.

Wear the right shoes

Most foot problems are caused by wearing ill-fitting shoes, so make sure you dress your feet for the right occasion, says podiatrist Alicia Lai.

"In summer, people love to wear flip flops and sandals, but they don't provide much support. You've got to match the shoe to the activity you're doing.

"High-heeled shoes are great for going out, but they put pressure on the ball of the foot and squeeze the toes together, so don't wear them if you're walk-

ing long distances," Lai advises.

"Women love wearing ballerina flats these days for commuting, but they have zero support on them. We often find that having a slight wedge or heel to the shoe is better. It releases tension off the ball of the foot and ligaments."

When you're sightseeing on holiday this summer, try not to wear slip-on shoes if you're going to be walking for hours.

"In slip-ons, your feet have to work harder to keep the shoe on, so look for stability features, like something that wraps around the back of the heel."

For comfort and a mini workout when you walk, why not try a pair of FitFlops, from £44, www.fitflop.com, or Sole sandals, from £49, www.yourssole.co.uk.

Say goodbye to smelly feet

The average pair of feet produce half a pint of sweat a day, according to the Society of Chiropodists and Podiatrists, so it's no wonder they smell!

Following a simple footcare routine can help cut down the

sweating, says Lai.

"Letting your feet breathe is always a good thing, so in summer wear sandals, and make sure you alternate shoes daily so they're allowed to dry out.

"Gently wash your feet and moisturise daily. Use a mild soap and warm water, rinse well and dry thoroughly, especially between the toes."

Make sure you change those socks or tights every day to keep your toes fresh and prevent odours from building up.

Lai says if you're wearing socks, choose natural fibres like cotton.

Invest in a foot deodorant, such as Flexitol Foot De-Odour, Boots and Waitrose, or try Fragrant Footings Scented Insoles, www.relax-uk.com.

Banish those blisters

Blisters are a common summer problem, and happen when we dig out our summer shoes and then have to 'wear them in' all

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overagain.

If your shoes start to rub, fluid will build up between the layers of the skin to act as a buffer in order to prevent further damage.

Lai says: "In summer, people start wearing flip flops, which rub between the toes, they often don't wear hosiery or socks, so blisters can be more of an issue."

"If you do have a blister, then obviously follow the usual footcare, and cushion it by popping plasters on to avoid the rub. It should heal in time, but if you're worried, seek attention."

Try Carnation's Anti-Blister Stick, and Carnation Invisibliss Plasters. For stockists, visit www.carnationfootcare.co.uk.

:: Cure cracked heels

When your feet are open to the elements in sandals and flip flops, they're more likely to dry out.

Open-backed summer shoes, which rub around the edge of the heel, can cause dry heels to crack and become quite sore.

Podiatrist Lorraine Jones advises moisturising twice a day to prevent heels from cracking, and using a pumice stone or non-metal foot-file in the shower or bath to exfoliate any build-up of skin.

"If the problem worsens, you may need to seek help from a podiatrist," she adds.

"In some more severe cases, strapping may be used to 'hold' the cracks together while they heal and insoles may be used to alter the way you walk to prevent the thick skin from developing."

Invest in a good foot cream, like E45 Foot & Heel Cream, Boots, and use a file after bathing, like Kiss Pedicure File, Boots.

:: In-growing toenails

Tight shoes can press on the edges of toenails and cause them to start growing inwards.

The skin around a toenail will get sore and red. Ignoring it could end in surgery to remove part of the nail.

"People love to dig down the sides of their nails and leave sharp edges, which makes the nail grow inwards," says Lai.

"Always cut the nail straight across and avoid tight shoes, which squash the toes together."

For comfort and a mini work-out when you walk, why not try a pair of FitFlops.



If the problem keeps happening, see a podiatrist."

Clip your nails into shape with Ms Pedicure Toenail Clipper, Boots.

:: Bunions and corns

Bunions and corns can often develop together - and when you're wearing sandals and flip flops they might be embarrassing.

"Bunions usually happen in the joint of the big toe and are more of a structural deformity, where the first big-toe bone moves to the right or left. They can be painful and cause difficulty fitting into shoes," says Lai.

If you're having problems with a bunion, see a podiatrist,

who may prescribe orthotic devices - supports which go in shoes - to stabilise the joints.

A build-up of hard skin, known as a corn, might develop where your shoes rub on the bunion.

"Pumicing gently can help, but if it becomes a problem, then see a podiatrist to treat it," says Lai.

Try Ms Pedicure Natural Pumice Stone, Boots.

:: Verrucas and Athlete's Foot

If you're spending lots of time at public swimming pools this summer, beware of catching verrucas or Athlete's Foot.

While verrucas are a virus and Athlete's Foot is a fungus, they both get passed around in moist areas, like the floors of swimming-pool changing rooms, so it's a good idea to wear flip flops to and from the pool.

"Verrucas are warts that grow on the soles of your feet, they can grow large and painful and spread," says Lai. "I've seen 42 verrucas on one person. Get them frozen off with liquid nitrogen by a podiatrist or treat them yourself."

Rub the skin with a pumice stone, before applying a gel or cream from your pharmacist, such as Bazuka Sub-Zero.

Athlete's Foot thrives in the warm sweaty bits between your toes, making your skin itchy and flaky.

"It doesn't mean you're unhygienic, because you catch it in

communal areas. Treat it as soon as you can with natural products like tea-tree oil, and let your feet breathe in sandals."

If untreated, the fungus can spread to your toenails, making them yellow, thick and flaky.

Kate Whiting



Invest in a foot deodorant, such as Flexitol Foot De-Odour, available from Boots in the UK, or try Fragrant Footings Scented Insoles, www.relax-uk.com.

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Madeleine Walker

This lovely lady Madeleine, spent a very busy time in The Algarve running her courses and also giving one to one consultation. I am sure that she could have booked out many more weeks helping people and animals alike. Lots of money was raised and most importantly so many people were treated to time with Madeleine, a special lady.

Thank you so much to Zena Camp and her band of many other kind people, who together spent a lot of time arranging this event, which was held at Zena's house.

Just to recap Madeleine Walker works internationally running clinics, performing readings, and facilitating courses in animal communication and healing. During Madeleine Walker's experiences with the animals that she works with she finds herself totally engulfed in the love that emanates from our animal friends. Madeleine works with all animals from horses, cats and dogs, to birds, dolphins, and even guinea pigs! An Exchange of Love, is the philosophy taught by Madeleine Walker.

Cleo and Merlin visited her and it was an emotional experience—it has taught me to view those two dogs of mine differently and to look into their eyes to try and work out for myself what they are trying to tell me!! Perhaps it has also taught me that perhaps I should listen to what they say as well!! I also wish I had taken my Chloe

along as I know she is still suffering from losing her mate Sandy nearly a year ago now—even if it doesn't seem that long in some ways, but in others it does. It would be good to reach out and find a way to help Chloe, to reassure her and settle her a bit. She was, in fact, like this for 18 months after we lost Lennie our Bearded

Collie. I will be writing about our visit in more detail which I am willing to pass on if anyone is interested.

For further details of the help Madeleine can offer check out her website at www.exchangeoflove.com

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Pet Nutrition

The true cost of Pet Food and feeding directions.

The feeding directions on a package of pet food tell you how much you need to feed the average pet in order for them to get an adequate amount of Nutrition. This number is usually given as a range, and is usually best to start at the low end of the range if you do not want to overfeed your pet. The amount you need to feed your pet is a critical piece of information if you wish to calculate the true cost of a particular food.

Pet food is an expense and many people wish to make sure they are buying a food that fits their budget. Unfortunately many people erroneously assume that the cheaper the cost per kilo, the better the value. This is not the case. Prices have been picked up from different sources and presented as an average.

	A	B	C	D	E	F**	G*	H*	I*
15Kg Bag	62.50 €	67.38 €	65.00 €	65.50 €	65.00 €	57.99 €	25.79 €	19.99 €	10.00 €
Cost per Kilo	4.17 €	4.93 €	4.60 €	4.37 €	3.81 €	4.13 €	2.58 €	2.00 €	1.00 €

* 10Kg bag ** 18Kg bag

The table above compares nine brands of pet food and the cost per kilo. Based on this information we would be led to believe that 1€ per kilo is 4 times cheaper than 4€ per kilo of food.

However the above calculations do not take into consideration how much we would have to feed our dog on a daily basis. You see pet foods are not all the same. Depending on the ingredients and the quality of the ingredients the amount you feed a dog on a daily basis can vary substantially.

Let's say our dog weight is 20Kg. Based on the manufactures feeding directions, our dog would need the following amounts of food on a daily basis in order to get minimal nutrition.

	A	B	C	D	E	F	G	H	I
Price per bag	62.50 €	73.95 €	69.00 €	65.50 €	65.00 €	61.99 €	25.79 €	19.99 €	10.00 €
Daily amount (gr)	180	240	270	185	250	200	333	260	380
Cost Daily	0.75 €	1.18 €	1.24 €	0.81 €	0.90 €	0.83 €	0.86 €	0.52 €	0.38 €
Cost per Month	22.50 €	35.50 €	37.26 €	24.24 €	27.08 €	24.80 €	25.76 €	15.59 €	11.40 €

If you review the above table you can see that the initial difference of 47.50€ between A and I, does not reflect the same difference at the end of the month for only 11.10€.

Also for people feeding G might be surprising that is more expensive than A or E for example.

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Ramsey

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Pistol & Ulrika

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Cimco

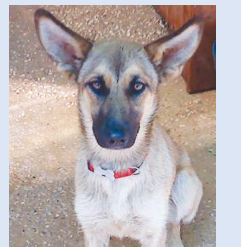


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Santa Monica is ideal for families or couples, as it has lots of opportunities for sport, good places to eat to fit every budget and marvellous shopping for WAGS, with loads of stores within walking distance of the seafront.

Until recently I was proud of budget globe-trotting - doing everything on a shoestring, with enough left over for bargain buys in the departure lounge. But, after a recent foray into the world of Posh and Becks et al, my head has been well and truly turned.

My trip to that mecca of showbiz, Los Angeles, began with a limo arriving at my humble Essex abode to whisk me to Heathrow.

Once through the dedicated security channel, I went pronto to the flagship Virgin Clubhouse. No battling the crowds and queues for the new VIP-me. Instead of my usual schlep around the shops, I relaxed with a complimentary coiffure in the clubhouse salon before entering the hitherto unknown world of upper-class flying. I may need counselling the next time I go economy.

On arrival at LAX airport, I felt as fresh as a newly-minted starlet. Shuttle bus from the airport? I don't think so! Yet another limo whisked me and my companions to Santa Monica, a favourite seaside haunt of the rich and famous.

Location is all. One simply must holiday where one can step straight from one's hotel onto the beach and dabble one's tootsies in the Pacific. Staying at either Shut-

ters On The Beach Hotel or Casa del Mar next to it fits the bill perfectly. I got the opulent Casa del Mar, with my own private terrace. It was also very stressful, trying to ignore the huge four-poster bed. I still had a full day ahead because of the time difference. But the show must go on!

I quickly donned my swim gear and plunged immediately into the Californian lifestyle. The atmosphere of Santa Monica is laid-back and full of character, some of it wonderfully quirky. Soak it all up with a walk along the sand to the historic pier.

All around you, locals and visitors alike are running, swimming, bulking up those muscles, playing volleyball, surfing or just catching some rays. However what impressed me most in my new celebrity mode was the beachside butler service - everything you need without having to lift a finger. So LA, dahling!

For calorie-burning, rather more unusual activities include taking a trapeze lesson on the pier or joining a free session of comedy/yoga on the beach right by the edge of the ocean.

Teacher Vanda - email her at vandayoga@hotmail.com - keeps everyone laughing with her quick-

fire wit. I tried not to be distracted by a passing school of dolphins just yards away, or by wondering whether it was true that the large gathering of folk nearby really was a meeting of Cocaine Users Anonymous! Surreal.

Now that my weight had plummeted, it was time for lunch at a famous eatery close to the pier. Try the Lobster seafood restaurant for, well, its delicious lobster. It also serves up bowls of ultra-skinny, to-die-for fries.

How do you fill in a couple of après-lunch hours before the obligatory cocktail hour? The answer in this part of the world is beauty treatments, and lots of them. What I really needed was a spot of liposuction, but instead I happily settled for a distinctly A-list facial using lymphatic drainage and sound-wave techniques.

Emerging blissed-out from my spa session, I was described as looking "dewy", which set me off simpering like an idiot. It was certainly a case of "Mr De Mille, I am ready for my close-up".

It is a fascinating eye-opener seeing how the other half lives, particularly in LA. I was only there for three nights and it has provided me with dinner party tales ever since, though sadly, I didn't spot a single celebrity.

At The Peninsula hotel, frequented by many famous guests, even the bedding is monogrammed. I thought the fact that I had CG on my pillow was simply a coincidence!

You will find plenty to see in LA. A good way to see the sights, including the famous 'Hollywood' sign, is an organised tour. Apparently one of the best areas for spotting screen icons is West Hollywood, where they often hang out. There are plenty of art and design shops, and galleries. For designer goodies, no trip to LA is complete without a mooch along Rodeo Drive, even if you only window-shop.

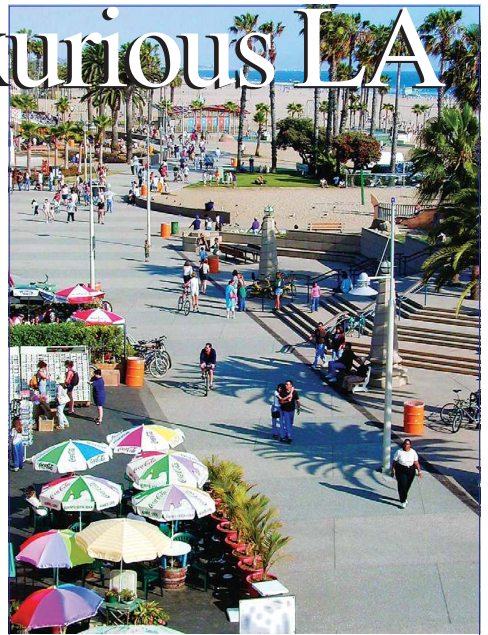
I succumbed to the joy that is the spa in The Peninsula and had a manicure and pedicure with a lovely glass of ice-cold pink champer. Trust me, you will become obsessed very quickly with grooming.

By the way girls, if you are going to LA, make sure you take your heels and frocks. Everyone makes an effort when going out for dinner. Always ask the hotel to get you on the list for one of the hottest clubs or a restaurant booking. In LA, the place to be seen seems to change weekly.

And so, with my lovely sparkly nails and plumped-up skin, I came back to chilly old UK and normality with a bump. Now, where are those Marigolds - mustn't break a nail...

Travel facts

:: Cathy Gordon travelled to Los Angeles as a guest of Virgin Atlantic and stayed at the Casa del Mar Hotel in Santa Monica and The Peninsula Hotel in Beverley Hills.



Santa Monica street scene, LA.

:: Full Upper-Class fare Heathrow-LA is £3,515/£4,101, incl. taxes and charges, limo to and from airport at both ends, Upper-Class Wing (with private security corridor) at Heathrow, LHR Clubhouse with complimentary beauty treatments plus access to Clubhouse at LAX and priority boarding. Economy lead in fare is £449/£524, Premium Economy £1,157, both incl. taxes and charges. Virgin Atlantic flies to LAX twice daily. :: Virgin Atlantic reservations: 00 44 (0)870 574 7747 and at: www.virginatlantic.com

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25 JUN-1 JUL



1 State of Play
Russell Crowe, Ben Affleck
14.30-16.30-21.20-00.15
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson PV
(11.00 Sat & Sun)

2 Over Her Dead Body
Eva Longoria, Paul Rudd
13.10-15.25-17.40-19.55-22.10-00.25

3 I Love You, Man
Paul Rudd, Jason Segel
14.25-16.50-19.15-21.40-00.05
Monsters vs. Aliens
Animation PV
(11.00 Sat & Sun)

Ice Age 3: Dawn of the Dinosaurs
Animation PV
12.30-14.45-17.00-19.15-21.30 Wed Only

4 Terminator Salvation
Christian Bale, Sam Worthington
13.45-16.15-18.55-21.30-00.00
Pokemon
Animation PV
(10.50 Sat & Sun)

Ice Age 3: Dawn of the Dinosaurs
Animation OV
12.30-14.45-17.00-19.15-21.30 Wed Only

5 Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
(11.30 Sat & Sun) 14.40-17.50-21.00-00.10

6 Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
19.20
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
(11.20 Sat & Sun) 13.50-16.20-22.20
Knowing
Nicolas Cage, Rose Byrne
00.40

7 The Hangover
Bradley Cooper, Ed Helms
12.35-14.50-17.10-19.30-21.50-00.25
Hotel for Dogs PV
Emma Roberts, Don Cheadle
(10.20 Sat & Sun)

8 Night at the Museum 2
Ben Stiller, Amy Adams
(11.10 Sat & Sun) 13.55-16.20-18.45
Angels & Demons
Tom Hanks, Ayelet Zurer
21.10-00.05

9 O Gato das Botas
Animation PV
(11.25 Sat & Sun) 13.25-15.25-17.25-19.25
This Is England
Andrew Shim, Jo Hartley
21.25-23.50

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25 JUN-1 JUL

1 Over Her Dead Body
Eva Longoria, Paul Rudd
13.00-15.05-17.10-19.15-21.35 (00.10 Fri & Sat)

2 Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
15.20-18.20-21.20 (00.20 Fri & Sat)

Ice Age 3: Dawn of the Dinosaurs
Animation
13.20-15.20-17.25-19.30-21.30 Wed Only

3 O Gato das Botas
Animation PV
13.05-15.10-17.15

All the Boys Love Mandy Lane
Amber Heard, Anson Mount
19.20-21.25 (23.30 Fri & Sat)

Ice Age 3: Dawn of the Dinosaurs
Animation OV
13.05-15.10-17.15-19.20-21.25 Wed Only

4 Terminator Salvation
Christian Bale, Sam Worthington
13.15-15.40-18.10-21.10 (23.40 Fri & Sat)

5 Night at the Museum 2
Ben Stiller, Amy Adams
13.30-16.00-19.00-21.30 (00.05 Fri & Sat)

Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.30-15.35-17.40-19.45-21.55 Wed Only

6 State of Play
Russell Crowe, Ben Affleck
13.10-15.45-18.25-21.05 (23.45 Fri & Sat)

7 The Hangover
Bradley Cooper, Ed Helms
13.40-16.10-18.40-21.40 (00.00 Fri & Sat)

8 Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
12.50-15.50-18.50-21.50

9 Angels & Demons
Tom Hanks, Ayelet Zurer
12.45-15.30-18.15-21.00 (23.50 Fri & Sat)

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25 JUN-1 JUL



1 Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
12.45-15.40-18.40-21.40

2 Night at the Museum 2
Ben Stiller, Amy Adams
13.00-15.50-18.30
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
21.40

Ice Age 3: Dawn of the Dinosaurs
Animation PV
13.00-15.05-17.15-19.25-21.25 Wed Only

3 Angels & Demons
Tom Hanks, Ayelet Zurer
12.50-15.35-18.25-21.10
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
(00.00 Fri & Sat)

4 O Gato das Botas
Animation PV
13.20-15.15-17.15-19.15
Terminator Salvation
Christian Bale, Sam Worthington
21.30 (00.10 Fri & Sat)

5 State of Play
Russell Crowe, Ben Affleck
12.55-15.30-18.20-21.20 (00.05 Fri & Sat)

6 The Hangover
Bradley Cooper, Ed Helms
13.10-16.00-18.50-21.50 (00.15 Fri & Sat)

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Knowing
Nicolas Cage, Rose Byrne

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
Bottle Shock
Alan Rickman, Chris Pine
Genova
Colin Firth, Catherine Keener
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV

Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
State of Play
Russell Crowe, Ben Affleck
Deux Jours à Tuer
Albert Dupontel, Marie-Josée Croze
Terminator Salvation
Christian Bale, Sam Worthington
Traitor
Don Cheadle, Guy Pearce
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

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25 JUN-1 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV (Wed Only)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Rudo y Cursi
Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington
Mes stars et moi
Catherine Deneuve, Kad Merad
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
The Edge of Love
Keira Knightley, Cillian Murphy
Chacun son Cinéma
Isabelle Adjani, Takeshi Kitano
Star Trek
Chris Pine, Zachary Quinto
The International
Clive Owen, Naomi Watts
Gran Torino
Clint Eastwood, Bee Vang

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25 JUN-1 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV (Wed Only)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
This Is England
Andrew Shim, Jo Hartley
Monsters vs. Aliens
Animation PV

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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25 JUN-1 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV (Wed Only)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Chris Pine, Zachary Quinto
X-Men Origins: Wolverine
Hugh Jackman, Ryan Reynolds
Knowing
Nicolas Cage, Rose Byrne
Monsters vs. Aliens
Animation PV

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25 JUN-1 JUL



Ice Age 3: Dawn of the Dinosaurs
Animation PV & OV (Wed Only)
Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas - Animation PV
Rudo y Cursi
Gael García Bernal, Diego Luna
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Let the Right One In
Kåre Hedebratt, Lina Leanderson
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Traitor
Don Cheadle, Guy Pearce
Night at the Museum 2
Ben Stiller, Amy Adams

Angels & Demons
Tom Hanks, Ayelet Zurer
Star Trek
Chris Pine, Zachary Quinto
The International
Clive Owen, Naomi Watts
Knowing
Nicolas Cage, Rose Byrne
Gran Torino
Clint Eastwood, Bee Vang

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
I Love You, Man
Paul Rudd, Jason Segel
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Night at the Museum 2
Ben Stiller, Amy Adams
Knowing
Nicolas Cage, Rose Byrne
Traitor
Don Cheadle, Guy Pearce
Angels & Demons
Tom Hanks, Ayelet Zurer
Closing the Ring
Shirley MacLaine, Christopher Plummer
The Tale of Despereaux
Animation PV

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon - Animation PV

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
I Love You, Man
Paul Rudd, Jason Segel
Terminator Salvation
Christian Bale, Sam Worthington
Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon - Animation PV
Night at the Museum 2
Ben Stiller, Amy Adams
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Bottle Shock
Alan Rickman, Chris Pine
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Coco Avant Chanel
Audrey Tautou, Alessandro Nivola

The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Angels & Demons
Tom Hanks, Ayelet Zurer
Fly Me to the Moon - Animation PV
Star Crossed
António Fonseca, Diogo Morgado

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
State of Play
Russell Crowe, Ben Affleck
Terminator Salvation
Christian Bale, Sam Worthington
O Gato das Botas - Animation PV
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon
Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Star Crossed
António Fonseca, Diogo Morgado

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
Over Her Dead Body
Eva Longoria, Paul Rudd
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
I Love You, Man
Paul Rudd, Jason Segel
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer

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25 JUN-1 JUL

Transformers: Revenge of the Fallen
Shia LaBeouf, Megan Fox
The Hangover
Bradley Cooper, Ed Helms
State of Play
Russell Crowe, Ben Affleck
All the Boys Love Mandy Lane
Amber Heard, Anson Mount
I Love You, Man
Paul Rudd, Jason Segel
O Gato das Botas
Animation PV
Terminator Salvation
Christian Bale, Sam Worthington
Bottle Shock
Alan Rickman, Chris Pine
Zack and Miri Make a Porno
Seth Rogen, Elizabeth Banks
Star Crossed
António Fonseca, Diogo Morgado
Night at the Museum 2
Ben Stiller, Amy Adams
Fly Me to the Moon - Animation PV
Angels & Demons
Tom Hanks, Ayelet Zurer
Knowing
Nicolas Cage, Rose Byrne

**PV = Portuguese Version
OV = English Version**

TRANSFORMERS

REVENGE OF THE FALLEN

Transformers: Revenge of the Fallen is the sequel to 2007's *Transformers*, which was the first live action Transformers film. Michael Bay and Steven Spielberg return respectively as director and executive producer, while Shia LaBeouf reprises the role of Sam Witwicky, the human caught in the war between Autobots and Decepticons. The film's theme is described as "being away from home", with the Autobots contemplating living on Earth as they cannot restore Cybertron, while Sam goes to college. The movie introduces many more robots and the scope has been expanded to numerous countries, most notably France and Egypt. Among the filming locations are the Giza pyramid complex and Luxor. The shoot was highly se-

cretive and remarkably smooth. Bay earned the Egyptian government's approval to film at the pyramids by contacting Zahi Hawass, who Bay recalled "put his arm around me and said,

'Don't hurt my pyramids'. Filming also took place in Jordan, the Royal Jordanian Air Force aided in filming at Petra, Wadi Rum and Salt because one of the country's princes liked the first film.



Cast and characters:

Humans

* **Shia LaBeouf** plays **Sam Witwicky**. In this movie, Sam is trying to get some personal development, and have a normal life. While at college, Sam starts having mental flashes about Cybertronian symbols, so now the Decepticons are after him to get the information.

* **Megan Fox** plays **Mikaela Banes**, Sam's girlfriend. Fox had lost a lot of weight for her role in *Jennifer's Body*, and had to gain weight before filming *Transformers 2*. She explained "Director Michael Bay doesn't like skinny girls."



* **Josh Duhamel** plays **Major William Lennox**, a U.S. Army Ranger and ally of the Autobots. Since the first film Lennox has become part of NEST, an international taskforce battling Decepticons alongside the Autobots.



* **Tyrese Gibson** plays **Robert Epps**, a U.S. Army Ranger and a member of NEST.

* **John Turturro** plays **Seymour Simmons**, former agent of the terminated Sector 7 unit, which monitored Transformer activity on Earth. Sam enlists his aid. Turturro was allowed to climb the real pyramids during filming.

* **Ramón Rodríguez** plays **Leo Spitz**, Sam's college roommate who owns a website on conspiracy theories.

* **Matthew Marsden** plays **Graham**, an agent of the fictional SASF, and a member of the UK Special Forces who joins NEST. Marsden grew up reading the comics and loved the first film. Bay was impressed with his audition and decided to increase the character's screentime.

Decepticons

* **Hugo Weaving** voices **Megatron**, the Decepticon leader. Killed and thrown into the Laurentian Abyss in the first film. He is resurrected by the Constructions. He has become stronger as a result of absorbing the AllSpark fragments that originally killed him.

* **Tony Todd** voices **The Fallen**, one of the original thirteen Transformers and the one who corrupted Megatron into forming the Decepticons. He had been trapped in another dimension and was able to communicate with the Decepticons via an interdimensional window. It was the Fallen's face, distorted by this window, that inspired the image the Decepticons would use as their insignia.

* **Charlie Adler** voices **Starscream**. He flew into space at the end of the previous film, and now returns commanding a new Decepticon army.

* **Frank Welker** voices **Soundwave**, Megatron's intelligence officer. He transforms into a Cybertronian craft with jet and satellite capabilities, coordinating the Decepticons' movements around the world.

* **Ravage**, a minion of Soundwave that resembles a large one-eyed jaguar that transforms into a missile.

* **The Doctor** (also known as **Scalpel**), a small, spider-like robot who turns into a microscope.



Autobots

* **Peter Cullen** voices **Optimus Prime**, the Autobot leader.

* **Bumblebee**, the Autobot who befriended Sam. Bumblebee's voice is still malfunctioning, and he still uses radio soundbites to express some of his emotions.

* **Jess Harnell** voices **Ironhide**, the Autobot weapons specialist.

* **Robert Foxworth** voices **Ratchet**, the Autobot medic.

* **Mark Ryan** voices **Jetfire**, a former Decepticon. His wounds and age have made him choose to become an Autobot. The writers wanted a geriatric robot, and they gave Jetfire that personality. He creaks and does not transform well. Also, he walks with a cane, which doubles as a battle axe.

* **Grey DeLisle** voices **Arcee**, a single consciousness driving three female Transformers that transform into motorcycles.

* **Reno Wilson** and **Tom Kenny** voice **Mudflap** and **Skids** respectively, also known as The Twins. Mudflap is very hyperactive, while Skids believes himself to be the smarter of the two and tries to come across as mature, but nevertheless appears unable to keep quiet.

* **Tom Kenny** also voices **Wheelie**, a blue radio-controlled toy monster truck. Wheelie initially serves the Decepticons, but because he is frightened of them he joins the Autobots.



Film Classification

Transformers 2 - M/12
Coco Avant Chanel - M/12
Over Her Dead Body - M/12
The Hangover - M/12
State of Play - M/12

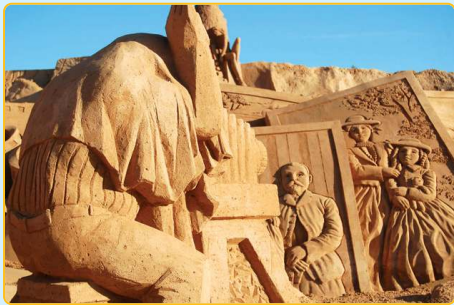
All the Boys Love Mandy Lane - M/18
I Love You, Man - M/12
Bottle Shock - M/12
O Gato das Botas - M/4
Terminator Salvation - M/12
Zack & Miri Make a Porno - M/16
Let The Right One In - M/16

Night at the Museum 2 - M/12
Fly Me to the Moon - M/6
Angels & Demons - M/12
Star Trek - M/12
X-Men Origins: Wolverine - M/12
Knowing - M/12
Monsters vs Aliens - M/4

M/4 - Suitable for audiences aged four years and over
M/6 - Suitable for audiences aged six years and over
M/12 - Suitable for audiences aged 12 years and over
M/16 - Suitable for audiences aged 16 years and over
M/18 - Suitable for audiences aged 18 years and over

HIGHLIGHTS

Have you experienced the magic of FIESA?



Now in its 6th year FIESA, the world's largest sand sculpture exhibition, is this summer bringing the magic of historical discoveries to life with gigantic sculptures of famous 'lightbulb moments' and the people responsible for them, like Benjamin Franklin, Freud, Louis Pasteur, and Leonardo da Vinci.

The fascinating 'sand city' is painstakingly hand-carved by 60 talented sculptors, from 35,000 tons of sand, covering 15,000 square meters of land in Algoz.

Imposing by day and amazing by night, when lighting and sounds give the exhibition and enchanted feel, it will be open until October 22nd, everyday from 10h00 to 21h00.

Wandering round FIESA is an amazing experience and you will be mind-blown by the moments of great discoveries re-created in sand, like when the press was born, when TV, radio and gramophones became household commodities, when Darwin announced his theory of evolution, maritime explorations, discovery of fire, writing and the wheel.

DNA, mechanics, astronomy, man's voyage to the moon, the zeppelin, Wall Street, recycling and architecture are just a few other scenes that make up this year's 'Discoveries' exhibition.

Other activities organized as part of the exhibition include bungee jumping, arts and crafts tents, and a snack bar. During summer evenings there will be live entertainment.

Entry fees cost €8 per adult, €4,50 per child (under 5s free) and special conditions and discounts for groups of six or over apply.

For more information or directions, contact FIESA on: (+351) 969 459 259 / 61, or email: fiesa@prosandart.com.

Alternatively, for a sneak preview, see website: www.fiesa.org.

Music and Dance Summer School 09
17a 31 Julho
3º Estágio de Orquestra e Dança

SANTARÉM - July 17 & 31 - Music & Dance Summer School
- The 3rd edition of Music & Dance Summer School is held this year in Santarém, in the former School Escola Prática de Cavalaria de Santarém, with the support of the City Hall between 17th and 31st July. The Music & Dance Summer School is an internship/training for young musicians and dancers from various parts of the country. Its main objective focuses on young people to increase the techniques and quality, stimulating their interest in music/dance creating an interaction between the two disciplines. The Music & Dance Summer School is mainly composed of 3 different courses: Orchestra Class, Classical Dance Class and Music Class, being an intensive training with a duration of 15 days (on an internship). The Stage will also be complemented by workshops devoted to the 3 areas of the course, such as: Computer Music; sequencing of Music & Technology, Hip-Hop, Contemporary Dance, choreographic composition, Yoga, Jazz Dance, Theater, among others. The course will culminate with a Seminar and presentation on Largo Santarém, July 31 by 21h00, (Free), Incorporating the various classes of Orchestra, Classical Dance and Music together in one show, where the musicians and dancers will present their final work. During the internship students will have various leisure activities and study visits to various cultural facilities in the city of Santarém. For more information: www.musination.pt.

SOUTH

ALBUFEIRA
JULY 1-28

Painting & Sculpture Exhibition 'Prelúdio' by Rosa Botelho - Art Gallery Pintor Samora Barros - Mon-Sat: 17h00h-23h00 - Largo Engº Duarte Pacheco - 289 589 201

ALMANCEL
UNTIL JUNE 30

Exhibition by Ivan Ulmann, Jessica Dunn & four other artists - Studio GT - R. Vale Formoso - Prime Wine, cheese & pickle from 18h-20h - 289 391 566

Quiz Night with Raffle at 19h30 in Aid of APAA (Association for Protection of Animals in Algarve) at A Colina Ludo - €20/person - Includes QUIZ + 3 course set menu - T. Shirley 936 933 799 - shirillys@yahoo.com - Max 7 in a team (we can arrange teams for those who don't have one).

ARMAÇÃO DE PERA

UNTIL JUNE 28
'11º Festival da Caldeirada' (11th Fish Stew Festival) - A number of local restaurants are participating including Pôr do Sol Restaurant in Hotel Garbe - T. 282 320 260

LAGOS

UNTIL JUNE 30
14 years later... Art exhibition MALA at the Slavemarket - Contacts: 00351-919211557, annegret.aidan@sapo.pt.

MONTHLY
Writing Workshops - Writing Memoirs & Writing Short Fiction - Sat: 14h30-16h30 - The Owl Story Bookshop (Also at Bica Boa in Monchique) - For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962 887 680

MONDAYS
The New Orleans Jazz Band - Free - 20h30 - Tivoli Hotel - R. Vasco da Gama - 289 591 804

LOULÉ

JUNE 27
BBQ at Quinta Fonte do Bispo, Sta. Catarina in aid of Canil São Francisco (S. Francisco Kennel) - Org. by Távira Fund Raisers - €15/person - Proceeds from this BBQ will go to help pay vets bills and buy food and disinfectant so please support us if you can - Contact Pat on 281 323 493 or email diane@sdeals.com to book tickets or for further information.

www.the-news.net

PADERNE
DAILY

Exhibitions 'Contrasts' and 'Perfectly Small Paintings at Perfectly Affordable Prices' by 20 talented international artists - Corte-Real Art Gallery - also available are selected pottery, sculptures, organic products & produce - Fri & Sat: 11h-19h; Thu & Sun: 11h-17h - Signs from Boliqueime, Ferreiras & Paderne - T. 918 980 199 / 912 737 762

PERA

UNTIL OCT 22
'Discoveries' at FIESA the International Sand Sculpture Festival - Construction site on road to Algoz - Open daily from May 22 to October 22 - 10h00 and 24h00 - 969 459 259 - www.fiesa.com

PORTIMÃO

TUESDAYS
The New Orleans Jazz Band - Mariner's Bar/Restaurant - R. Santa Isabel - 914 806 310

S. BRÁS DE ALPORTEL
JUNE 21

The Amigos do Museu de São Brás will be hosting a great **Carbo-Verdian Festival** at 17h00 in the patio and gardens of the museum - Our guest will be Danae Estrela and her group, Os Novos Crioulos, playing Afro-Indian Jazz - Danae, currently a very popular singer and composer will be accompanied by: Danilo Lopes, Guitar & chorus, Raymundo Engelhardt, washboard, & percussion, Johannes Krieger, trumpet - Rua Dr. José Dias Sancho nr 61 - TM: 966 329 073 - www.amigos-museu-sbras.org

TAVIRA

JUNE 27
Aeroclube Távira 11th Anniversary - Throughout the day there will be air displays by many aircraft flying in from Spain & Portugal, also air experience flights available for those who would like to see Távira & the beach by air. Then there will be a Pitt Special arabic plane doing fabulous stunts, also a demonstration of motors late afternoon - All welcome - Admission free - airstrip on EN125 + 100 yds from the two Galp petrol stations near Aldi

UNTIL JUNE 28
Exhibition 'RAP' (Robotic Action Painter) - A Portuguese Robot created by Leonel Moura - Palácio da Galeria Educational Services of Távira Municipal Museum - 281 320 500 (Ext. 324) - edu.museus@cm-tavira.pt

VALE DO LOBO

UNTIL JULY 28
Unique collection of abstract pieces by João Paramés at Vale do Lobo Art Gallery - Free - Mon-Sat: 10h-19h - 289 353 322 - events@vdl.pt

NORTH

PORTO
DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before the visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 www.casadamusica.com

DAILY
Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

www.the-news.net

CASCAIS
DAILY

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214848900

DAILY
Sea Museum - Rei D. Carlos - Rua Júlio Pereira da Mello in Cascais - 214825400

ESTORIL

DAILY
From June 30 opening of the Show 'Space Invaders' at the Arena Lounge - There is also other entertainments and shows, games, concerts, lots of entertainment and Art at Casino Estoril - 214667700 - 214825400 - Info.estoril@estoril-sol.com

www.the-news.net

Lisbon Summer Concerts
(Tickets: See details bottom page)

Until June 28 - Mamma Mia - Pavilhão Atlântico at 21h15 & 16h00 - Musical - €40 to €70 - **June 28 - Elton John** in concert - British singer and song writer - Pavilhão Atlântico - €40 to €125 - **July 4 - Kylie Minogue** at Pavilhão Atlântico - 21h00 - Pop/Rock - **July 22 - Eagles** 'Long Road out of Eden' - 21h00 - Pop/Rock - Pavilhão Atlântico - **July 25 - Anastacia** - 21h00 - Pop/Rock - Pavilhão Atlântico - **July 30 - Leonard Cohen** - 21h00 - Pop/Rock -



Pavilhão Atlântico - July 31 - Seal in concert at Cascais Hippodrome - 22h00 - Seal, the most popular soul vocalist of the decade - Tickets: €20, €60

AVEIRO
JUN 27-JUL 19

Painting Exhibition 'Dissonância Surreal' by Luis Athougia - Tuesday to Sunday from 14h00 to 19h00 - Galeria da Carpintaria on Av. Dr. Lourenço Peixinho

GUIMARÃES
JUNE 29-JULY 24

Workshops & programmes for over 11 years old - Gardens of Centro Cultural Vila Flor - Av. D. Afonso Henriques, 701 - 253 424 700

CENTRE
LISBON
DAILY

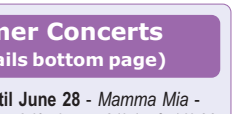
Influxcontemporary is a new space dedicated to African Contemporary Art - Open From Wednesday to Saturday from 14h00 to 19h00 - *Influxcontemporary* is situated on Rua Fernando Vaz, 20B - T. 918 501 234 - www.influxcontemporary.com

OEIRAS
JULY 8 & 14

'Oeiras Sounds' Starts with a concert



by Bárbara Hendricks (18th July) and Mariza (18th July) - Gardens of Marquês do Pombal Palace - 213 933 770 - geral@everythingisnew.pt



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 324 / 707 780 000

BBC1

6.00 Yesterday at Wimbledon. (R) (T) 7.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News; Weather. (R) 12.10 Wimbledon 2009. Live coverage of the sixth day's play at the All England Club. (T)

5.40 BBC News; Regional News; Weather. (T)
6.00 Weakest Link. Anne Robinson hosts the general knowledge quiz. (R) (T)
6.45 Robin Hood. Part two of two. The outlaws are still reeling from the death of one of their number but they do not have time to mourn - the real Sheriff is back and he is spoiling for a fight, determined to win back his town at all costs. With a formidable army surrounding the castle walls, he goads the allies, telling Robin he may spare bloodshed if Gisborne and Isabella are handed over to him. But when Archer and Tuck recognise a devastating new weapon in the enemy's arsenal, they fear nothing but a tragic outcome. Jonas Armstrong stars as the legendary hero, with Richard Armstrong and Keith Allen. Last in the series. (T)

7.30 Totally Saturday. American pop singer Kelly Clarkson joins the entertainment show hosted by Graham Norton, in which unsuspecting members of the public have pranks played on them. Plus, games, competitions, more celebrity guests and the chance to win a luxury holiday. (T)
8.30 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important numbers. Presented by Gethin Jones. (T)
8.40 Casualty. Jordan is no longer able to hide his illness from his colleagues when he has a fit, but Zoe is hurt to discover he has known about his condition for weeks and not told her. Adam tries to persuade a resolute Jessica not to go to Saudi Arabia and meet up with Sean, but she is desperate to be reunited with her children, while Ruth tries to resist her feelings for Jay. Guest starring The Royal actor Kate Robbins. (T)
9.30 Michael McIntyre's Comedy Roadshow. The comedian continues his tour of the UK's most prestigious venues by visiting the Grand Theatre in Swansea, South Wales. Sean Lock heads the showcase of stand-ups from the comedy circuit, with support from Steve Williams, Ava Vidal and Alun Cochrane. (T)
10.15 BBC News; Weather. (T) National Lottery Update. (T)
10.35 FILM: Enemy of the State (1998). Thriller, starring Wil Smith. (T)
12.40 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.45 BBC News. (T)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(B)-black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 CBBC: Funky Fables. (R) (T) 7.15 Eliot Kid. (R) (T) 7.30 Animalia. (R) (T) 7.50 Wolverine and the X-Men. (R) (T) 8.15 Sportsound. (R) (T) 9.00 Richard Hammond's Blast Lab. (T) 9.00 Sorry, I've Got No Head. (R) (T) 9.30 Hotel Trubble. (R) (T) 10.00 Transmission Impossible with Ed and Ouch. (T) 11.30 Young Dracula. (R) (T) 12.00 Liffeline. (R) (T) 12.10 Animal Park. (T) 12.40 Live MotoGP. The MotoGP Dutch Grand Prix. (T) 2.00 Wimbledon 2009. Further live coverage of the third round. (T) 4.20 Glastonbury 2009. (T) 5.40 Wimbledon 2009. The sixth day continues at the All England Club. (T) 8.00 Today at Wimbledon. John Inverdale introduces highlights from day six of the All England Championships at SW19, featuring the scheduled conclusion of the third-round matches. (T) 9.00 Have I Got a Bit More News for You. David Mitchell guest hosts an extended version of the satirical current affairs quiz, with Andy Hamilton and Sarah Millican joining team captains Paul Merton and Ian Hislop. (T) 9.40 Blood and Guts: A History of Surgery. Michael Mosley explores the history of heart surgery, taking a personal interest in pioneers of the practice, and learning how surgeons are able to operate on the organ. (T) 10.40 Room 101. (R) (T) 11.10 Glastonbury 2009. (T) 2.00 FILM: New Port South (2001). Teen drama, starring Blake Shields. (T) 3.30 Close.

Pick of the Day

CSI: NY (five, 9.30pm)

It just wouldn't be CSI: NY without at least one beloved member of the team dying in a hail of bullets in a blisteringly exciting series finale. And tonight is no exception, as the fifth series of the terrific spin-off show comes to an end. Flack is giving confidential informant Terrence Davis (guest star Nelly) his dispensation papers when he is interrupted by Angel calling to arrange their latest date. Just as she tells him she is escorting Connor Dunbrook to testify against his father in court, a truck slams into the diner where she and Connor are eating and shots are fired. Flack races to the scene and finds Angel has been gunned down. Despite all efforts to save her, her injuries are too severe. "She's gone," a devastated Flack tells Danny at the hospital. Convinced Dunbrook is somehow implicated in his son's abduction and Angel's murder, Mac orders Adam to place a bug under his car. Back at the lab, Hawkes analyses hair from the truck and discovers it belongs to a bat suffering from a fungal infection called 'ewhite nose'. Back at the office, Dunbrook shows the team a tape the kidnappers sent him, demanding a ransom in return for Connor's life. Mac notices one of the kidnapper's hands is visible on the tape and magnifies the fingerprint. He is able to identify the culprit as a man named Simon. A man previously stationed in Iraq who was brought up on manslaughter charges. "I want that face on every newspaper and TV in the city," says Mac. Can the CSIs bring Angel's killers to justice?

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British GT Championship. 8.00 The Morning Line. (T) 8.55 T4: Yo Gabba Gabba. (T) 9.30 T4: Friends. (R) (T) 10.05 T4: Britney v Christina: Top Ten. (T) 11.05 T4: Friends. (R) (T) 11.40 T4: Big Brother. (R) (T) 12.45 T4: Big Brother. (R) (T) 1.20 T4: Ice Age 3: Movie Special. (T) 1.55 Channel 4 Racing from Newcastle and Newmarket. Including the 3.10 John Smith's Northumberland Plate (H'cap) (2m). (T) 4.00 Come Dine with Me. (R) (T) 4.30 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 Bear Grylls: Born Survivor. The adventurer takes to the rapids of Snake River in Hell's Canyon, Oregon. (T) 8.00 ER. Brenner's organised protests result in Dubenko being able to return to work, while a young gymnast arrives at the hospital with injuries allegedly sustained in a fall. (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 Lee Evans: Wired and Wonderful - Live at Wembley. A stand-up performance by the comedian. (R) (T) 11.10 Alan Carr: Chatty Man. (R) (T) 11.55 Big Brother's Big Mouth. 1.00 Duplante Drama. (R) (T) 1.55 Big Brother Live. 4.00 Afterworld. (R) (T) 4.25 Scrapheap Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (T) 7.10 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.25 Milkshake! Music Box. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Mist: Sheepdog Tales. (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Zoo Days. (R) (T) 10.25 The Grid. (T) 10.55 Fifth Gear. (R) (T) 11.05 Axe Men. (R) (T) 12.55 Megastructures: Sellafield Demolition. (R) (T) 1.55 FILM: Warriors of Virtue 2: Return to Tao (2002). Martial arts adventure sequel, starring Nathan Phillips. (T) 3.40 FILM: Dune (1984). Sci-fi fantasy, starring Kyle MacLachlan. (T) 6.15 Five News. (T) 6.15 FILM: Sphere (1998). Scientists try to unlock the secrets contained in an alien artefact found on the seabed. Sci-fi thriller, starring Dustin Hoffman and Samuel L. Jackson. (T) 8.30 NCIS. A woman claims to have witnessed a sailor's murder, but a lack of physical evidence causes McGee to question what actually took place. (R) (T) 9.30 CSI: NY. One of the CSIs is gunned down while escorting media mogul Robert Dunbrook's son to testify against his father in court. Guest starring Nelly and Craig T. Nelson. Last in the series. (T) 10.30 Law & Order. (T) 11.30 The Real CSI. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Rough Guide To. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (R) (T) 9.55 Countrywise. (R) (T) 10.25 Quincey ME. (R) (T) 11.25 FILM: The Appaloosa (1966). Wild West adventure, starring Marlon Brando. (T) 1.20 ITV News and Weather; Weather. (T) 1.25 Who Wants to Be a Millionaire? Celebrity. (R) (T) 2.25 Beat the Star. (R) (T) 3.40 FILM: Looney Tunes: Back in Action (2003). Live action and animated comedy, starring Brendan Fraser. (T)

5.20 Creature Comforts. Animals discuss the ups and downs of adolescence, including a monkey with teething troubles and a seagull that reveals the emotions involved when a youngster leaves the nest. (R) (T)
5.30 London Tonight: Weather. (T)
5.45 ITV News and Weather. (T)
6.00 You've Been Framed! Camcorder clips, including bad singers and women behaving badly. (R) (T)

6.30 Animals Do the Funniest Things. Stephen Mulhern meets the creatures of the South American rainforests and presents more film of amazing animal antics, including a seagull stalker and dolphin art. (R) (T)

7.30 All Star Mr & Mrs. Politician David Steel and his wife Judy, Sugababes singer-songwriter Keisha Buchanan and her partner Dean Thomas, and actor Shaun Williamson and his spouse Melanie reveal how much they know about each other, while a trip around the contestants' homes gives further insight. Fern Britton and Phillip Schofield host. (T)

8.30 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to answer questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.30 Mumbai Calling. Kenny relishes the prospect of a speaking engagement accepted on his behalf by Dev, who talks him out of inviting Terri to the event. However, he is soon overcome by nerves and forgets to take along his speech - but these are the least of his worries when he spots the call centre manager and businesswoman arriving together. Sanjeev Bhaskar, Nitin Ganatra and Daisy Beaumont star. (T)

10.00 ITV News and Weather; Weather. (T)
10.15 FILM: Lethal Weapon 3 (1992). The cops go on the trail of a former policeman smuggling illegal weapons to criminal gangs. Action sequel, starring Mel Gibson and Danny Glover. (T)

12.25 Six Degrees; (R) (T) ITV News Headlines. 1.15 FILM: A Glimpse of Hell (2001). Premiere. Fact-based drama, starring James Caan. (T) 2.40 Nightwatch with Steve Scott: Mystery. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1

0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1545 Braveheart, film 1905 O Preço Certo 2000 News 2100 Voz do Cidadão 2115 Dã-me Música 2300 Carga Pesada 0000 Armour of God 2, film 0200 Close to Home, series 0330 Teleales

RTP2

0700 Euronews 0800 África 7Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1200 Children's Film 1345 Zig Zag 1400 Parlamento 1500 Sports 1900 Entre Pratos 1930 TBA 2045 Jean Seberg, Final Days of an Icon 2145 A Hora da Sorte 2200 News 2240 Juventude em Marcha, film 0030 O Estado do Mundo, film 0230 Sports 0615 Euronews

SIC

0600 Etnias 0645 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 Planet Earth 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Salve-se Quem Puder 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

TVI

0700 Children TV 0930 Smackdown, wrestling 1030 O Bando dos Quatro 1115 Campeões e Detectives 1215 Deluxe 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2215 Flor do Mar 2315 Olhos nos Olhos 0015 Out Cold, film 0215 Sempre a Soma 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Teleales

Best of the Rest

BBC3

7.00 Top Gear 8.05 Glastonbury 2009 9.30 Lee Miller: A Crazy Way of Seeing 10.30 Imagine: Annie Leibovitz - Life Through a Lens 11.30 Arena: Linda McCartney - Behind the Lens 12.20 Omnibus: Eve Arnold in Retrospect 1.15 Sharon Clarkson - Just Enough Distance 2.05 Crude Britannia: The Story of North Sea Oil 3.05 Close

BBC4

7.00 Crude Britannia: The Story of North Sea Oil 8.00 Glastonbury 2009 9.30 Lee Miller: A Crazy Way of Seeing 10.30 Imagine: Annie Leibovitz - Life Through a Lens 11.30 Arena: Linda McCartney - Behind the Lens 12.20 Omnibus: Eve Arnold in Retrospect 1.15 Sharon Clarkson - Just Enough Distance 2.05 Crude Britannia: The Story of North Sea Oil 3.05 Close

ITV2

1.25 Film: Grease 2 PG (1982)
3.40 America's Got Talent 5.40 America's Got Talent 7.15 Kelly Clarkson: The Hot Desk 7.30 Film: King Kong 12 (2005) 11.10 Film: Mission: Impossible PG (1996) 1.20 America's Got Talent 2.10 America's Got Talent 3.50 Ricki Lake 4.30 Teleshopping
Sky 1
1.00 Malcolm in the Middle 1.30 Malcolm in the Middle 2.00 Don't Forget the Lyrics 3.00 Gladiators GZone 3.15 Film: Askari PG (2001)
5.00 American Gladiators 6.00

Guinness World Records Smashed! 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Martina Cole's The Take 10.00 Wives 11.00 Miami SWAT 12.00 Bones 1.00 Road Wars 1.50 Road Wars 2.40 Cold Case 3.30 Cold Case 4.20 Cold Case 5.10 Brainiac: Science Abuse
GOLD
1.00 Only Fools and Horses 1.50 Only Fools and Horses 2.55 Only Fools and Horses 3.35 Only Fools and Horses 4.15 Only Fools and Horses 4.55 Only Fools and Horses 5.35 Only Fools and Horses 6.15 Only Fools and Horses 6.55 Only Fools and Horses 8.00 Film: Men in Black PG (1997) 9.50 Film: Men in Black II PG (2002) 11.50 My Family Christmas Special 12.55 The Fall and Rise of Reginald Perrin 1.35 Waiting for God 2.10 The New Statesman 2.35 The New Statesman 3.00 Close
TCM
1.00 Charro PG (1969) 3.00 Ben-Hur PG (1959) 7.10 Four Eyes and Six-Guns PG (1992) 9.00 Dark City 15 (1998) 11.00 Zandry's Bride (1974) 1.15 Dark City 15 (1998) 3.00 Operation Pacific U (1951)
1.00 Charro PG (1969)
The Disney Channel
Kids' programmes from 7am, except: 1.35 Film: High School Musical 2 U (2007) Comic musical sequel, starring Zac Efron. 4.00 Film: Cheetah Girls 2 U (2006) Comedy drama, starring Raven-Symone. 5.35 Film: The Cheetah Girls: One World PG (2008) Comedy sequel, starring Adrienne Bailon. 8.00 Film: Twixes U (2005) Fantasy adventure, starring Tia and Tamera Mowry. 9.25 Film: Twixes Too PG (2007) Fantasy adventure, starring Tia and Tamera Mowry.

All the latest headlines at

www.the-news.net

THE PORTUGAL NEWS

MOVIES

Sky Movies Drama

6.15 What Dreams May Come 15 (1998) 8.10 Year One Special 8.30 Amazing Grace PG (2006) 10.30 Sleuth 15 (2007) 12.00 Perfect Stranger 15 (2007) With Halle Berry. 2.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 4.00 Georgia Rule 15 (2007) With Jane Fonda. 6.00 Forces of Nature 12 (1999) With Sandra Bullock. 8.00 Sleuth 15 (2007) With Michael Caine. 9.30 Rules of Engagement 15 (2000) With Tommy Lee Jones. 11.45 Sleepers 18 (1996) With Brad Pitt. 2.15 Gridlock '18 (1997) With Tupac Shakur. 4.00 The Top 10 Show 4.20 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.55 Wild Hogs 12 (2007) 8.45 Deuce Bigalow: Male Gigolo 15 (1999) 10.30 Welcome Home Roscoe Jenkins 12 (2008) 12.30 American Pie 15 (1999) With Jason Biggs. 2.15 Me, Myself and Irene 15 (2000) With Jim Carrey. 4.15 Walk Hard: The Dewey

Cox Story 15 (2007) With John C. Reilly. 6.00 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 8.00 American Pie 15 (1999) With Jason Biggs. 9.45 Me, Myself and Irene 15 (2000) With Jim Carrey. 11.45 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 1.30 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 3.05 Wild Hogs 12 (2007) 4.50 Leave it to Beaver PG (1997)

Sky Movies Action/Thriller

6.55 The Night of the Hunter 12 (1955) 8.40 Red Sonja 15 (1985) 11.00 Knight Rider 2000 12 (1991) 12.00 Dante's Peak 12 (1997) With Pierce Brosnan. 2.00 No Country for Old Men 15 (2007) With Josh Brolin. 4.10 Airport 1975 PG (1974) With Charlton Heston. 6.10 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 9.00 Dante's Peak 12 (1997) With Pierce Brosnan. 10.55 No Country for Old Men 15 (2007) With Josh Brolin. 1.00 End of Days 18 (1999) With Arnold Schwarzenegger. 3.05 The Corruptor 18 (1999) 5.00 Airport 1975 PG (1974)

Are you a SKYPER?

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SPORT

Sky Sports 1

6.00 Under-21s European Championship Football 8.00 Where Are They Now? 8.30 Live International Rugby Union. New Zealand v Italy (Kick-off 8.35am). 10.45 Live International Rugby Union. Australia v France (Kick-off 11.00am). 1.00 Live International Rugby Union. South Africa v British & Irish Lions (Kick-off 2.00pm). 4.30 Live Speedway. The British Grand Prix. 8.00 International Rugby Union 10.00 International Rugby Union 11.00 Where Are They Now? 11.30 Super League. 1.00 Ocean Race 1.30 Live Indy Car Series. The SunTrust Indy Challenge. 4.00 International Rugby Union 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Race World 8.00 Powerboating 8.30 Ocean Adventures 9.00 Cricket AM 10.30 Speedway 11.00 Max Power 12.00 Ocean Race 12.30 Under-21s European Championship Football 2.30 Live Twenty20 Cup Cricket. Surrey Brown Caps v Middlesex Panthers. 5.55 Live Super League. Castleford Tigers v Catalans Dragons (Kick-off 6.00pm). 8.00 Live Masters Football. The Mersey Masters. 10.30 Speedway 1.30 International Rugby Union 2.30 Golf Night 5.00 European Seniors Tour Golf

Sky Sports 3

6.00 Wild Spirits 6.30 FIFA Futbol Mundial 7.00 Twenty20 Cup Cricket 9.00 Tight Lines 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Speedway 1.30 Live European Tour Golf. The International Open. 5.30 WWE:

Smackdown 7.30 WWE: Bottom Line 8.30 Twenty20 Cup Cricket 10.30 Extreme Championship Wrestling 11.30 WWE: Late Night 1.00 WWE: Smackdown 1.30 WWE: Late Night - Bottom Line 2.30 Twenty20 Cup Cricket 4.30 Wild Spirits 5.00 Close

British Eurosport

7.30 World Rally Championship 8.00 MotoGP 9.00 Live Canoeing. The European Flatwater Championships. 10.15 International Football 11.00 International Football 12.00 Live Formula Two Championship. Race one from Spa-Francorchamps in Belgium. 1.00 World Touring Car Championship 2.00 World Rally Championship 2.30 Inside WTC 3.00 Live World Superbikes. The Superpole session at Donington Park. 4.00 MotoGP 4.45 Live Swimming. The Mediterranean Games. 7.00 Canoeing 7.30 Live Show Jumping. The Jumping International of Monte Carlo. 9.00 MotoGP 11.00 World Rally Championship 11.30 World Superbikes 12.30 World Rally Championship 1.00 Close

Sky Sports Xtra

6.00 Sports Unlimited 7.00 Ocean Race 7.30 World Sport 8.00 Max Power 9.00 Premier League Years 11.00 Where Are They Now? 11.30 Racing News 12.00 World Sport 12.30 Twenty20 Cup Cricket 2.30 Where Are They Now? 3.00 Ocean Race 3.30 Speedway 4.00 Premier League Years 6.00 NFL: Total Access 7.00 Ocean Race 7.30 Where Are They Now? 8.00 Golf Night 10.30 European Seniors Tour Golf 11.30 NFL: Total Access 12.30 International Rugby Union 2.30 Masters Football 5.30 Ocean Adventures

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BBC1

6.00 Yesterday at Wimbledon. (R) (T) 7.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. 1.45 Diagnosis Murder. (R) (T) 2.30 EastEnders. (T) 4.25 The Green Green Grass. (R) (T) 4.55 Songs of Praise. (T)

5.30 BBC News: Regional News: Weather. (T)
6.00 Antiques Roadshow. Fiona Bruce's first foray as the show's host finds her heading for Bolton Abbey near Skipton in North Yorkshire, where discoveries include a farmer's lambing chair, a small Faberge trinket, and a spent World War One bullet transformed into a key-ring. (R) (T) Countryfile. Matt Baker and Jules Hudson travel to the Peak District where they investigate a wartime aviation mystery. In which 50 planes crashed into the hills around Glossop, Derbyshire. They also learn about the help being given to struggling dairy farmers and how youth hostels are receiving a makeover. John Craven examines the merits of reintroducing wild animals from Britain's past into the countryside, and Adam Henson reflects on the journey his father took to save the rare North Ronaldsay sheep. Includes Weather for the Week Ahead. (T)

8.00 Hope Springs. News of Nathan's murder sends shock waves through the group of increasingly desperate women, but plans to flee the village are hampered by the lack of both money and passports, and stealing other people's identities appears to be their only option. However, doubts about leaving rise to the surface as they prepare to make their getaway, and when Sadie makes a startling discovery, the girls are forced to take action. (T)

9.00 Casualty 1909. Laura Goodley finds herself out of her depth working in the cramped and chaotic Hebrew ward of the hospital for the first time. When an anarchist is admitted, he stirs tensions among the other patients and challenges Laura's limited experience of life, forcing the nurse to reassess her values and beliefs. (T)
10.00 BBC News: Weather. (T)
10.20 FILM: An Unfinished Life (2005). An ageing rancher discovers he has a grand-daughter, stirring up painful memories of his son's death. Drama, starring Robert Redford. (T) Weatherview. (T)

12.05 Sign Zone: Everest ER. (R) (T) 12.35 Sign Zone: The Price of Life. (R) (T) 1.35 Sign Zone: Holby City. (R) (T) 2.35 Sign Zone: Who's Watching You? (R) (T) 3.35 BBC News. (T)

(R) - repeat programme; (S) - programme broadcast in stereo;
(T) - programme with teletext subtitles; (bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. The pals take it in turns to stand on one leg. (R) (T) 7.00 CBBC: ChuckleVision. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Gimme a Break. Two sisters organise the family holiday to Wales. (R) (T) 8.00 The Legend of Dick & Dom. (R) (T) 8.30 MI High. The spies investigate a sleeping sickness. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Celebrity MasterChef. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Escape to the Country. (R) (T) 2.00 Live Show Jumping. The Hickstead Derby. (T) 5.00 Glastonbury 2009. (T) 7.00 This World: The Madoff Hustle. Willard Foxton investigates Bernie Madoff's \$65 billion scam. (T) 8.00 Top Gear. The presenters try to find the perfect car for 17-year-olds, and Richard Hammond tests the new Lamborghini Murcielago SV. Stephen Fry is the Star in a Reasonably Priced Car. (T) 9.00 On Thin Ice. New series. Ben Fogle and James Cracknell's attempt to win the South Pole Race. (T) 10.00 Glastonbury 2009. Reunited Britpop band Blur bring this year's festival to a close on the Pyramid Stage. There are also highlights of sets by Nick Cave and the Bad Seeds and Bat for Lashes. (T) 2.00 BBC News. (T) 3.35 The Super League Show. (T) 4.20 Close.

Pick of the Day

On Thin Ice (BBC2, 9pm)

Ben Fogle is not the sort of bloke to let a flesh-eating bug stand in the way of his dreams. When he picked up a nasty case of Leishmaniasis Vianna while filming BBC Two series Extreme Dreams in Peru, it could have been enough to make him want to settle for an easier life. However, Fogle is made of sterner stuff and pressed on with the South Pole Race, a challenge that involves ski-racing 480 miles while pulling a 150lb sled in temperatures as low as minus 50C. Together with friend and Olympian rower James Cracknell among others, they attempted to overcome personal problems as well as cope with some of the harshest conditions on Earth. Their efforts are documented in this compelling new five-part series. In episode one, the pair kick off their training at The Great North Run, recruit a third team-mate and spend 24 hours in a climatic chamber where they experience the extreme cold for the first time. Thankfully Ben is on the road to recovery after his assorted problems: "We kind of came back battered and bruised. I had frostbite on my nose, which luckily, has cleared up because, certainly at one stage, I thought I was going to lose part of it." After seeing what else he and Cracknell go through, you'll be amazed they made it back in one piece.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freesports on 4. (T) 7.30 Ocean Race. The teams make their way from Boston to Galway. (T) 8.30 Triathlon. (T) 9.00 T4: Friends. Part two of two. The group attends Ross's lecture. (R) (T) 9.30 T4: Big Brother. (R) (T) 10.30 T4: Hollyoaks. (T) 1.05 T4: Big Brother's Little Brother. (T) 2.10 T4: The Big Bang Theory. (R) (T) 2.45 T4: Ugly Betty. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.35 Supernanny USA. (T) 6.30 Channel 4 News. (T) 7.00 Revelations: How to Find God. New series. Jon Ronson explores the impact of religion in Britain today, examining how many agnostics have turned to Christianity after attending the renowned Alpha course. (T) 8.00 Wife Swap. A professional acrobat and performer from Sheffield exchanges families with a classroom assistant from Worcester, who spends most of her time working for her children's futures. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Alan Carr: Chatty Man. With Jerry Springer, Martina Navratilova and Black Eyed Peas. (T) 10.50 8 and 10 Cats. With Lauren Laverne, Alan Cumming, Richard E Grant and Tom Felton. (R) (T) 11.25 FILM: White Noise: The Light (2006). Premiere. Horror, starring Nathan Fillion. (T) 1.15 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Scraphap Challenge. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Franklin. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.15 Make Way for Noddy. (R) (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 Mist: Sheepdog Tales. (T) 9.00 Roary the Racing Car. (R) (T) 9.15 Rupert Bear. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Michaela's Wild Challenge. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Build a New Life in the Country. (R) (T) 12.00 The Hotel Inspector. (R) (T) 1.00 Monster Moves. (R) (T) 2.00 FILM: The Law and Jake Wade (1958). Western, starring Robert Taylor. (T) 3.45 FILM: Masterminds (1997). Children's adventure, starring Patrick Stewart. (T) 5.45 Five News. (T) 5.50 FILM: The Karate Kid Part II (1986). Martial arts sequel, starring Ralph Macchio. (T) 8.00 Among the Apes. Charlotte Uhlirbrook encounters a troop of wild baboons in the Mikumi National Park in Tanzania and learns about their habits and the organisation of their societies. (T) 9.00 FILM: Bulletproof (1996). A cop joins forces with a small-time car thief to nail a drug baron who wants them both dead. Action comedy, starring Adam Sandler and Damon Wayans. Including Five News Update. (T) 10.40 FILM: Posse (1993). Western, starring Mario Van Peebles. (T) 12.50 Ironman Triathlon. 1.45 Boxing USA. 3.00 Race and Rally UK. 3.50 UEFA Cup Classics. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Coronation Street. (T) 11.45 ITV News and Weather. (T) 11.50 Wish You Were Here: Now & Then. (T) 12.20 Wish You Were Here: Now & Then. (R) (T) 12.50 Dream Homes. (T) 1.20 Dickinson's Real Deal. (R) (T) 2.50 FILM: Columbo: How to Dial a Murder (1978). Crime drama, starring Peter Falk. (T) 4.25 Agatha Christie's Poirot. (R) (T)
6.30 London Tonight: Weather. (T)
6.45 ITV News and Weather. (T)
7.00 The Royal Dr Burnett races to save two schoolgirls who have fallen unconscious with carbon monoxide poisoning, while Susie has to think fast when Matron collapses during their picnic and ends up in hospital, giving the student nurse the chance to prove herself. Elsewhere, Weatherill gets to the bottom of a family problem involving a man training for the priesthood. Damian O'Hare, Sarah Beck Mather and Wendy Craig star. (T)
8.00 The Secret Caribbean with Trevor McDonald. New series. The broadcaster travels across the Caribbean visiting some of the most beautiful locations in the region, beginning with Cuba, Trinidad and the British Virgin Islands. (T)
9.00 Kingdom. Philandering lawyer Judge Harding (guest star Jack Dee) is convinced he is being blackmailed by a mystery woman out to destroy his reputation and turns to Kingdom for help. But as Peter gets to know Harding, he faces the repercussions of the man's past relationship with Beatrice. Meanwhile, Lyle tries to mediate in a land dispute between golfers and druids. Stephen Fry, Hermione Norris and Karl Davies star. (T)
10.00 Ladies of Letters. Vera learns her daughter Karen is pregnant and the mother-to-be is confides in Irene about her brother Howard and his friend Anthony. Comedy, starring Maureen Lipman and Anne Reid. (T)
10.30 ITV News and Weather. (T)
10.45 The Unforgettable Yootha Joyce. An insight into the life and work of the British sitcom star who shot to fame as sex-mad Mildred Roper in Seventies comedy Man About the House. With contributions by friends and colleagues, together with classic archive and personal stills, the documentary explores how Yootha's vivacious on-screen characters masked an intensely private woman. (R)
11.20 Crossing Jordan. Woody investigates an apparently motiveless mass shooting after the FBI's account of it leaves him unconvinced. Meanwhile, Bug and Sydney's feud causes havoc at the morgue. Crime drama, starring Jerry O'Connell. (T)
12.20 It's My Life. (R) (T) 1.10 The Cosby Mysteries: (R) (T) ITV News Headlines. 2.05 Quincy ME. (R) (T) 3.00 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1

0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Mudarê Vida 1130 T2 Para 3 "Remodelado" 1200 TBA 1300 News 1415 Sô Visto! 1445 Prison Break, series 1530 TBA 1715 Lethal Weapon 4, film 1930 Football 21.15 News 2200 As Escolas de Marcelo Rebelo de Sousa 2230 Febre da Dança 2330 Os Contemporâneos 0015 North Country, film 0230 Rally 0330 Sô Visto! 0430 Telesale 0605 Nôs

RTP2

0700 Euronews 0730 Africa@Global 0800 Músicas de África 0900 Caminhos 0930 Fox 1000 Nôs 1100 Da Terra ao Mar 1130 Conspiração 1200 Vida por Vida 1230 Olhar o Mundo 1300 Tasmanian Devil: The Fast and Furious Life of Errol Flynn 1400 National Geographic 1445 Voz do Cidadão 1500 Sports 1900 Arte e Emoção 1930 Alma e a Gente 2000 The Simpsons 2100 The Hottest Place on Earth 2200 News 2230 Câmara Clara 2350 Ghosts of Abu Ghraib 0050 Onda Curta 0150 Sports 0500 Euronews

SIC

0630 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Disney Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 Tá a Gravar 2315 Caminho das Índias 0015 Film 0230 Quando o Telefone Toca TVI 0700 Children's TV 0930 O Bando dos Quatro 1030 Hannah Montana 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2100 Equador 2215 Flor do Mar 2315 Olhos nos Olhos 0015 Smokin' Aces, film 0215 Sempre a Sonhar 0400 Law & Order: Special Victims Unit, series 0500 Telesales 0630 Todos Iguais

BBC3

7.00 Match of the Day Live 10.00 Family Guy 10.25 American Dad! 10.45 Glastonbury 2009 12.15 Personal Affairs 1.15 The Real Hustle on Holiday 1.45 Glastonbury: The Best Bits 3.45 Personal Affairs 4.45 The Real Hustle on Holiday 5.15 Close

BBC4

7.00 Glastonbury 2009 10.00 Henry VIII: Patron or Plunderer? 11.00 Wallander 12.25 Summits 1.25 Vienna - City of Dreams 2.55 Henry VIII: Patron or Plunderer? 3.55 Close

ITV2

2.00 I'm a Celebrity Get Me Out of Here! USA 4.00 I'm a Celebrity Get Me Out of Here! USA 5.00 I'm a Celebrity Get Me Out of Here! USA 7.00 Film: Sister Act PG (1992) 9.00 Katie & Peter: Stateside 10.00 Film: Mission: Impossible PG (1996) 12.15 Film: Thirteen 18 (2003) 2.10 Teleshopping 4.20 Ricki Lake 3.20 Teleshopping 5.50 ITV2 Nightscreen

Sky1

1.00 The Real A&E 2.00 Malcolm in the Middle 2.30 Malcolm in the Middle 3.00 Bones 4.00 Bones 5.00

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Futurama 5.30 Futurama 6.00 The Simpsons 6.30 The Simpsons 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Lie to Me 11.00 Bones 12.00 Night Cops 1.00 Road Wars 1.50 Road Wars 2.40 Cold Case 3.30 Cold Case 4.20 Brainiac: History Abuse 5.10 Brainiac: Science Abuse

GOLD

1.10 Only Fools and Horses 2.30 Only Fools and Horses 3.35 Only Fools and Horses 4.40 Only Fools and Horses 6.10 Film: Men in Black II PG (1997) 8.00 Film: Men in Black II PG (1997) 10.00 Only Fools and Horses 11.00 Only Fools and Horses 12.15 The Two Ronnies 1.05 What a Carry On! 1.40 Waiting for God 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM

1.00 A Fine Madness PG (1966) 3.00 Gypsy PG (1962) 5.55 A Majority of One U (1961) 9.00 GoodFellas 18 (1990) 11.50 The Swarm PG (1978) 2.55 The Sins of Rachel Cade PG (1961) 5.00 A Fine Madness PG (1966)

The Disney Channel

Kids' programmes from 7am, except: 1.30 Film: Hatching Pete PG (2009) Family drama, starring Jason Dolley. 4.00 Film: High School Musical U (2006) Comedy musical, starring Zac Efron and Vanessa Hudgens. 5.35 Film: High School Musical 2 U (2007) Comic musical sequel, starring Zac Efron. 8.00 Film: Halloweenown U (1998) Spooky adventure. Debbie Reynolds stars. 9.25 Film: Halloweenown II: Kalabar's Revenge PG (2001) Spooky adventure sequel, starring Debbie Reynolds.

MOVIES

Sky Movies Drama

6.00 The Movie Geek 6.30 Onegin 12 (1999) 8.30 Silkwood 15 (1983) 10.45 35MM 11.15 The Children of Huang Shi 12 (2008) With Jonathan Rhys Meyers. 1.30 PS I Love You 12 (2007) With Hilary Swank. 3.45 Instinct 15 (1999) With Anthony Hopkins. 6.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 8.00 Charlie Wilson's War 15 (2007) With Tom Hanks. 9.45 PS I Love You 12 (2007) With Hilary Swank. 12.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.00 The Grifters 18 (1990) With John Cusack. 4.00 Year One Special 4.20 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy

6.30 I Could Never Be Your Woman 12 (2007) 8.10 Dirty Rotten Scoundrels PG (1998) 10.10 27 Dresses 12 (2008) 12.10 American Pie 2 15 (2001) With Jason Biggs. 2.00 The Heartbreak Kid 15 (2007) With Ben Stiller. 4.00 Dirty Rotten Scoundrels PG (1998) With Michael

Caine. 6.00 27 Dresses 12 (2009) With Katherine Heigl. 8.00 American Pie 2 15 (2001) With Jason Biggs. 10.00 American Pie Presents: Beta House 18 (2007) With John White. 11.35 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.35 I Could Never Be Your Woman 12 (2007) With Michelle Pfeiffer. 3.45 American Pie Presents: Beta House 18 (2007) 4.55 The Movie PG (1999)

Sky Movies Action/Thriller

6.50 The River Wild 12 (1994) 8.45 Fantastic Four: Rise of the Silver Surfer PG (2007) 10.25 The Bone Collector 15 (1999) 12.25 Zodiac 15 (2007) With Jake Gyllenhaal. 3.05 Die Hard 18 (1988) With Bruce Willis. 5.20 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 7.00 The Bone Collector 15 (1999) With Denzel Washington. 9.00 Die Hard 18 (1988) With Bruce Willis. 11.15 Shoot 'Em Up 18 (2007) With Clive Owen. 12.50 Mulholland Falls 18 (1995) With Nick Nolte. 2.40 Nighthawks 18 (1981) With Sylvester Stallone. 4.25 Back in Business PG (2007)

SPORT

Sky Sports 1

6.00 Where Are They Now? 6.30 International Rugby 7.30 International Rugby Union 9.30 Cricket Writers on TV 10.30 Where Are They Now? 11.00 International Rugby Union 1.00 Cricket Writers on TV 2.00 Live Twenty20 Cup Cricket. All the action from a game in the 20-overs-a-side format. 6.00 Live Super League. Hull Kingston Rovers v Wigan Warriors (Kick-off 6.15pm). 6.30 Golf Night 11.00 European Seniors Tour Golf 12.00 WVE: Late Night - Afterburn 1.00 Live WWE Wrestling. The Bash at the ARCO Arena in Sacramento, California. 4.00 Seasmaster Sailing 4.30 Wild Spirits 5.00 Watersports World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Premier League World 7.00 Speedway 10.00 Masters Football 1.00 Live European Tour Golf. The International Open. 5.00 WVE: Experience 6.00 Seasmaster Sailing 6.30 Wild Spirits 7.00 Live NASCAR. The Lenox Industrial Tools 301. 10.30 Super League 12.00 Twenty20 Cup Cricket 2.00 Super League 3.30 Close

Sky Sports 3

6.00 Watersports World 7.00 Super League 9.00 WVE: Afterburn 10.00 WVE: Vintage Collection 11.00 Race World 12.00 Wild Spirits 12.30 Speedway 3.25 Live International Cricket. West Indies v India. 11.30 Premier League Years 1.30 Watersports World 2.30 Close

British Eurosport

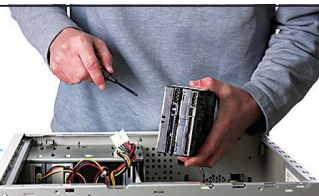
7.30 World Rally Championship 8.00 World Superbikes 8.30 Eurosport for the Planet 9.00 Live Canoeing. The European Flatwater Championships. 10.00 World Superbikes 10.30 Live World Superbikes. Both races from round nine at Donington Park. 4.50 Motorsports Weekend 5.05 Live Swimming. The Mediterranean Games. 7.00 Canoeing 8.00 MotoGP 9.00 World Superbikes 11.00 World Rally Championship 11.30 Formula 2 Championship 12.15 World Rally Championship 12.50 Close

Sky Sports Xtra

6.00 Wild Spirits 6.30 World Sport 7.00 Twenty20 Cup Cricket 9.00 Premier League Years 11.00 Seasmaster Sailing 11.30 Racing News 12.00 Indy Car Series 2.30 Seasmaster Sailing 3.00 Masters Football 6.00 Premier League Years 8.00 Twenty20 Cup Cricket 10.00 Seasmaster Sailing 10.30 Wild Spirits 11.00 WVE Vintage Collection 12.00 Seasmaster Sailing 12.30 Golf Night 3.00 European Seniors Tour Golf 4.00 Close

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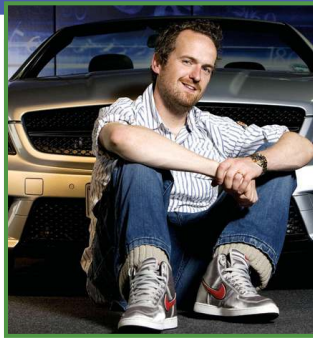
6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2009. Day seven at the All England Club. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)
7.30 Dom's on the Case; (T) BBC News; Regional News. (T)

8.00 EastEnders. Libby and Pat try to reunite Denise and Lucas, but Trina threatens to ruin their chances of a reconciliation. Minty and Garry find out about a mystery woman in Phil's life. Bradley sees his opportunity to move in with Syd when her flatmate moves out, while Janine realises she has met her match in Amira. (T)
8.30 Panorama. Ten years after devolution the Scottish National Party wants to force a referendum on independence to concentrate more power north of the border. Jeremy Vine talks to people who have influenced the situation and those who could hold the fate of Scotland and the union in their hands, including Alex Salmond, Gordon Brown, David Cameron and Tony Blair. (T)
9.00 Crimewatch. The serial rapist-turned-killer preying on women in east London, the Claudia Lawrence case and the story of how the Yorkshire Ripper hoaxer was finally caught after 25 years. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Crimewatch Update. Responses to the earlier programme. (T)
10.45 Moving On. Ellie Morgan's only hope of avoiding bankruptcy is to sell her home, but nobody appears to be buying - until an old flame from school turns up at her door in his flash car and designer clothes. Given that she thought he would never amount to anything, it is a welcome surprise for Ellie. Drama, starring Christine Tremarco and Richard Armitage. (R) (T)
11.30 FILM: Anita and Me (2002). Comedy drama, starring Chandeepp Uppal; (T) Weatherview. (T)

1.05 Sign Zone: Everest. (R) (T) 1.35 Sign Zone: Springwatch Close Encounters with Simon King. (R) (T) 2.35 Sign Zone: Alien Empire. (R) (T) 3.05 Sign Zone: Who's Watching You? (R) (T) 4.05 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsworld. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified; (R) (T) Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Animal Park. (R) (T) 11.30 Daily Politics. (T) 12.00 Wimbledon 2009. Day seven at the All England Championships. (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Beat the Boss. (R) (T) 4.35 MI High. (R) (T) 5.05 Newsworld. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The conclusion of day seven at the All England Club. (T) 8.00 Today at Wimbledon. John Inverdale introduces highlights from day seven of the All England Championship, as the second week began with fourth-round matches in the men's and ladies' singles draws. (T) 9.00 The Supersizers Eat. Giles Coren and Sue Perkins taste the food of the 1950s. (T) 10.00 Have I Got News for You. Satirical current affairs quiz with Paul Merton, Ian Hislop, guest host Al Murray and panelists Germaine Greer and Mark Watson. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone.

Pick of the Day

Fifth Gear (five, 8pm)

It's no wonder the Fifth Gear team always seem in a sprightly mood considering they get paid to race around in the latest top-of-the-range motors that most of us can only dream of owning. This week, Jonny Smith has extra reason to be cheerful — he's in retro heaven when he gets to hit the road in the Eco-1, more commonly known as the original Ghostbusters ambulance. Former Most Haunted star Derek Acorah answers the call for a driving companion, and the pair take a drive in search of the paranormal, before spending the night on one of the most haunted rooms in England. While Jonny is busy being scared out of his wits, Jason Plato has his hands full test driving two recently revised convertibles. The Mini Cooper and the Mazda MX-5 have had radical revamps so Jason takes them to the track to see which sporty little number comes out on top. Meanwhile, Tim Shaw takes his car to a garage where there are no mechanics. The Pit Start has all the equipment of a typical repair shop, but the drivers do all the work themselves at a fraction of the cost. Elsewhere, Tom Ford test Toyota's new miniature SUV - the Urban Cruiser, and Tiff puts the new Aston Martin V12 Vantage through its paces.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 Kirstie's Homemade Home. (R) (T) 10.05 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.35 FILM: Very Important Person (1961). World War Two comedy, starring James Robertson Justice. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Celebrity Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art Against the Odds. New series. Artists who enter the Royal Academy Summer Exhibition. (T) 8.00 Madonna and Mercy: What Really Happened? The controversy surrounding Madonna's adoption of a second child from Malawi. (T) 9.00 Inside Nature's Giants. New series. Dissection, CGI and photography reveal the anatomical secrets of extraordinary animal species. Scientist Mark Evans begins with an explanation of an elephant's anatomy. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.10 Wife Swap. (R) (T) 12.10 4Music: 4Play: Ronson Presents the Rumble Strips. (T) 12.25 4Music: 4Play: Moby. (T) 12.40 4Music: Album Chart Show: The Enemy Special. (R) (T) 1.10 Big Brother Live. 3.45 FILM: Henry V (1944). Shakespeare's historical drama, starring Laurence Olivier. (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Film and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert & Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Devil Winds (2003). Adventure, starring Joe Lando. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Dis. (R) (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? The mass production of drinks cans. (R) (T) 7.30 Five News Update. (T) 8.00 Fifth Gear. The Mini Cooper Cabriolet is pitted against the Mazda MX-5; (T) 8.00 Five News at 9.00 Build a New Life in the Country. A windmill conversion in the Lancashire countryside. (T) 10.00 FILM: Identity (2003). Ten strangers are stranded in a remote hotel by a storm and a killer picks them off one by one. Murder mystery, starring John Cusack and Ray Liotta. Including Five News Update. (T) 11.50 FILM: Bulletproof (1996). Action comedy, starring Adam Sandler. (T) 1.30 NASCAR. 2.30 US PGA Tour Golf. 3.20 FILM Motorcra. 4.00 UEFA Cup Classics. (R) 4.00 NBA 360. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão
Total 1500 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Notícias Sólitas 2115 Duelo Final 2215 Prós e Contras 0100 Grounding Day, film 0245 Prova de Amor 0415 Teleseas 0605 N0s

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Dia Terra Ao Mar 1600 Grandes Livros 1700 Zig Zag 1830 A Fé dos Homens 1900 Mudar de Vida 1945 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 5 Para a Meia-Noite 0115 Diga Lá Excelência 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Potty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Sic ao Vivo 1700 Rebelde Way 1800 Três Irmãs 1900 N0s por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Pódi Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca 0430 In Love with Adolf Hitler, documentary

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0115 Dr. House, series 0115 Angela's Eyes, series 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Teleseas

Best of the Rest

BBC3
7.00 Glastonbury: The Best Bits 8.30 The Real Hustle on Holiday 9.00 Gavin & Stacey 9.30 Bizarre ER 10.00 EastEnders 10.30 Personal Affairs 11.30 Family Guy 11.55 Family Guy 12.15 Gavin & Stacey 12.45 The Real Hustle on Holiday 1.15 Bizarre ER 1.45 Personal Affairs 2.45 Make My Body Younger 3.40 The Real Hustle on Holiday 4.10 My Life As an Animal 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Return to Airport 8.00 The Way We Travelled 9.00 The Secret Life of the Airport 10.00 Days That Shook the World 10.30 Timewatch 11.20 The Secret Life of the Airport 12.20 Summits 1.20 The Secret Life of the Airport 2.20 The Secret Life of the Airport 3.20 The Secret Life of the Airport 4.20 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 9.00 Film: Mission: Impossible 2 15 (2000) 11.30 Coronation Street 12.00 Coronation Street 12.30 I'm a Celebrity Get Me Out of Here! USA 2.10 Celebrity Juice 2.35 Celebrity Juice 3.00 Teleshopping 5.55 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Lost 3.00

Bones 4.00 Ooops TV 4.30 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Miami SWAT 11.00 Film: Beverly Hills Cop III 11.55 (1994) 1.05 Road Wars 1.55 The Villa 2.50 Stargate SG-1 3.45 Stargate SG-1 4.40 Bite Size Brainiac 4.45 Road Wars 5.10 Project Catwalk

GOLD
1.00 Sorry! 1.40 Porridge 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 Porridge 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.00 Little Britain USA 10.35 Little Britain 11.10 Only Fools and Horses 12.15 Little Britain 12.55 Little Britain USA 1.30 Little Britain 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 The In-Laws PG (1979) 3.00 The Madwoman of Chailloit U (1969) 5.45 Anchors Aweigh U (1945) 8.00 The Screening Room 9.00 Running on Empty 15 (1988) 11.20 O Lucky Man! 15 (1973) 3.00 Trouble Along the Way U (1953) 5.00 The In-Laws PG (1979)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Consenting Adults 15 (1992) 7.45 West Side Story PG (1961) 10.30 35MM 11.00 Phenomenon PG (1996) With John Travolta. 1.10 The Top 10 Show 1.30 Goya's Ghosts 15 (2006) With Javier Bardem. 3.30 Snow Falling on Cedars 15 (1999) With Ethan Hawke. 5.45 The Namesake 12 (2006) With Kal Penn. 8.00 Deception 15 (2008) With Hugh Jackman. 10.00 No Reservations PG (2007) With Catherine Zeta-Jones. 11.00 Platoon 15 (1986) With Charlie Sheen. 1.55 The Astronaut's Wife 18 (1999) With Johnny Depp. 3.55 Year One Special 4.15 Gideon PG (1999)

Sky Movies Comedy

6.35 Blast from the Past 12 (1999) 8.20 Special Delivery 12 (2008) 10.00 Reno 911!: Miami 15 (2007) 11.25 Ferris Bueller's Day Off 15 (1986) With Matthew Broderick. 1.10 Trading Places 15 (1983) With Dan Aykroyd. 3.10 Superhero Movie 12 (2008) With Drake Bell. 4.40 Mr Woodcock 12 (2007) With Billy Bob Thornton. 6.15 Ferris Bueller's Day Off 15 (1986) With Matthew Broderick. 8.00 Trading Places 15 (1983) With Dan Aykroyd. 10.00 Superhero Movie 12 (2008) With Drake Bell. 11.30 Mr

Woodcock 12 (2007) With Billy Bob Thornton. 1.05 Reno 911!: Miami 15 (2007) With Carlos Alazraqui. 2.30 Blast from the Past 12 (1999) With Brendan Fraser. 4.25 Special Delivery 12 (2008)

Sky Movies Action/Thriller

6.00 The Top 10 Show 6.20 Flags of Our Fathers 15 (2006) 8.40 Mr Nice Guy 15 (1997) 10.25 Legionnaire 15 (1998) 12.02 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 2.40 Double Jeopardy 15 (1999) With Ashley Judd. 4.40 Ghost Rider 12 (2007) With Nicolas Cage. 6.40 Die Hard with a Vengeance 15 (1995) With Bruce Willis. 9.00 Double Jeopardy 15 (1999) With Ashley Judd. 10.50 Ghost Rider 12 (2007) With Nicolas Cage. 12.45 The Brave One 18 (2007) With Jodie Foster. 2.55 The Krays 18 (1990) With Gary Kemp. 5.05 Billion Dollar Brain PG (1967)



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Super League 10.30 Live International Women's Cricket. England v Australia. 7.00 Live Under-21 European Championship Football. The final (Kick-off 7.45pm). 10.30 Time of Our Lives 11.30 FIFA Futbol Mundial 12.00 Under-21 European Championship Football 1.30 Soccer AM: The Best Bits 2.30 Time of Our Lives 3.30 FIFA Futbol Mundial 4.00 Watersports World 5.00 Max Power

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Twenty20 Cup Cricket 9.00 NASCAR 11.30 Racing News 12.00 Seamaster Sailing 12.30 Super League 2.00 Wild Spirits 2.30 Golf Night 5.00 European Seniors Tour Golf 6.00 Golf 7.00 Spirit of Yachting 7.30 Live Speedway Eastbourne Eagles v Swindon Robins. 9.30 International Women's Cricket 11.00 Speedway 1.00 Poker 2.00 International Women's Cricket 3.30 Under-21s European Championship Football 5.00 Close

Sky Sports 3

6.00 Seamaster Sailing 6.30 Golf Night 9.00 European Seniors Tour Golf 10.00 WWE: Bottom Line 11.00 WWE: Afterburn 12.00 WWE: Vintage Collection 1.00 WWE: Experience 2.00 WWE: Bottom Line 3.00 WWE: Afterburn 4.00 WWE: Vintage Collection 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE: Wrestling 12.00 WWE: Vintage Collection 1.00 Spirit of Yachting 1.30 Seamaster Sailing 2.00 Live

WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

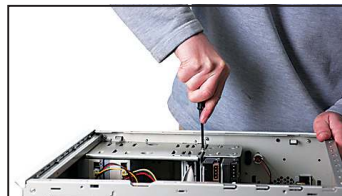
7.30 World Rally Championship 8.00 World Superbikes 9.00 Motorsports Weekend 9.15 International Women's Football 11.00 Swimming 12.00 Canoeing 1.00 Canoeing 2.00 Formula Two Championship 3.00 Motorsports Weekend 3.15 euroCRASH! 3.25 Cavendish's Tour de France 2008 4.30 Swimming 5.00 Live Swimming. The Mediterranean Games. 7.00 Eurogals: One to One 7.15 World Superbikes 9.15 MotoGP 10.45 Cavendish's Tour de France 2008 11.50 Canoeing 12.50 Close

Sky Sports Xtra

4.00 NASCAR 6.30 Seamaster Sailing 7.00 Thinking Tackle 8.00 The Irish Golfer 8.30 World Hockey Monthly 9.00 Golf 10.00 POKER 11.00 Thinking Tackle 12.00 Golf 1.00 The Irish Golfer 1.30 World Hockey Monthly 2.00 Thinking Tackle 3.00 Max Power 4.00 Spirit of Yachting 4.30 World Hockey Monthly 5.00 Close

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ANOTHER
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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Wimbledon 2009. The ladies' singles quarter-finals at SW19. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)
7.30 EastEnders. Heather makes a life-changing decision about the future after her marriage with Minty is annulled. Janine plays a joke on Amira, and Denise decides to forgive Lucas. (T) BBC News: Regional News. (T)

8.00 Holly City. Connie receives surprising information about Jayne's husband when the chief executive takes her into her confidence. Michael's interest in Penny worries Donna and she approaches an interested party to share her concerns, and Tara tries to persuade Elliot to help her re-run a dangerous operation they first performed years ago - but he dislikes the thought of repeating the experience. (T)

9.00 Waking the Dead. Part one of two. Eve links DNA evidence found at a traffic accident to a murder case she worked on while examining mass graves during the Balkan War, leaving Boyd determined to track down the perpetrators, a ring of war criminals now living and working in the UK. Starring Trevor Eve and Sue Johnston, with guest stars Ron Cook, Anna Madeley and Branka Katic. Concludes tomorrow. (R) (T)

10.00 BBC News. (T)
10.25 Regional News: Weather. (T)
10.35 Imagine. An intimate portrait of Bradford-born artist David Hockney, filmed over the three years following his return to the UK after living in California. This programme charts the painter's work on Bigger Trees Near Warter - his largest ever composition and an affectionate examination of the landscape of his native Yorkshire. (T)

11.30 FILM: The Royal Tenenbaums (2001). Comedy, starring Gene Hackman; (T) Weatherview. (T)

1.15 Sign Zone: Living with Monkeys: Tales from the Treepots. (R) (T) 2.15 Sign Zone: Country Tracks. (R) (T) 3.10 Sign Zone: Who's Watching You? (R) (T) 4.10 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified. (R) (T) Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon 2009. The ladies' singles quarter-finals on day eight at SW19. (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Richard Hammond's Blast Lab. (R) (T) 4.35 Blue Peter. (T) MySay. (R) (T) 5.05 Newsround. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The conclusion of the ladies' singles quarter-finals. (T) 8.00 Today at Wimbledon. John Inverdale introduces highlights from day eight of the championships at the All England Club, which featured the quarter-finals of the ladies' singles. (T) 9.00 The Conspiracy Files: 777. Claims that the Government was behind the 777 London bombings. (T) 10.00 Gregg Wallace's Recession Bites. In the fourth Money Programme documentary on the British economy, Gregg Wallace explores the impact of increased food prices and investigates competition between supermarkets. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Samuel Johnson Prize: A Culture Show Special. (T) 12.10 On Thin Ice. (R) (T) 1.10 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

CSI: Miami (five, 9pm)

Any fans who hate spoilers should probably look away now, but with Britain nine months behind the US — not to mention all the cliffhanger-trashing promotional material that's out there — it's no secret that Horatio Caine isn't really dead. However, when this new seventh season kicks off, the team has no idea. Calleigh and Delko race to a Miami airfield after hearing that their colleague has been shot, and by the time they arrive, Ryan reveals that Horatio is no more. The pair are angry, and perhaps correctly suspicious, that Ryan has already released the body and Calleigh swears that they will find out who is responsible for their friend's apparent demise — no matter what. However, when she digs deep she discovers a disturbing link to ATF Agent Evan Caldwell and none other than Ryan Wolfe himself. Confronted, Ryan has no choice but to reveal that Horatio, having heard old foe Juan Ortega has put a hit on him, asked Caldwell and he to help him fake his own death. Meanwhile, the undercover Horatio puts his life on the line for real as he tries to prove his ex-girlfriend's new husband is selling dangerous fused-alloy bullets.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (R) (T) 7.50 Big Brother. (R) (T) 9.00 Kirstie's HomeMade Home. (R) (T) 10.00 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.35 3 Minute Wonder: If Not School, Then What? (R) (T) 12.40 Life Begins Again. (R) (T) 1.40 FILM: Cottage to Let (1941). World War Two spy thriller, starring Alastair Sim. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Celebrity Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art Against the Odds. An illustrator worries her work will be shunned by her fellow artists. (T) 8.00 Property Snakes and Ladders. Couples in Oxfordshire and Norfolk redevelop run-down homes. (T) 9.00 Dispatches: Terror in Mumbai. The story of the Indian terror attacks of November 2008, when gunmen killed more than 100 hostages as they seized control of the city's main railway station, a cafe and two hotels. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 The Inbetweeners. (T) 11.40 Rude Tube. (R) (T) 12.10 World Series of Poker Europe. (R) (T) 1.15 Big Brother Live. 4.00 British GT Championship. (R) (T) 4.25 World Sport. (R) (T) 4.55 World Superbikes. 5.20 FIA GT Championship.

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pogo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.00 FILM: Bridesmaids (1989). Drama, starring Shelley Long. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Vets in Action. A horse is diagnosed with colic. (R) (T) 7.30 Five News Update. (T) 8.00 Monster Movies. A town in Quebec is uprooted to make way for a goldmine. (T) 8.00 Five News at 9. **9.00 CSI: Miami.** New series. As Calleigh and Delko vow to find out who shot Horatio, they uncover a complex plot involving the sale of dangerous fused-alloy bullets. Emily Procter stars. (T) 10.00 CSI: NY. The team finds Mac and begins the search for his kidnapper. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Criminal Minds. (R) (T) 1.00 Indy Car Series. 2.00 V8 Supercars. 2.50 Cricket on Five. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Chase. Bradley Walsh presents as four contestants pit their wits against ruthless quiz genius Chaser in the hope of winning a potential prize pot worth thousands of pounds. They must work as a team and play strategically to answer general knowledge questions against the clock and race down the game board to the exit without being caught. (T)

6.00 London Tonight: Weather. (T)
6.30 ITV Evening News: Weather. (T)
7.00 Emmerdale. Carl blames himself for not being more supportive when Lexi is rushed to hospital suffering from a suspected ectopic pregnancy. Diane realises the gravity of the situation when Andy is diagnosed with clinical depression, prompting her to ask Debbie to allow the farmer to spend time with Sarah. Elsewhere, Paddy tells Marlon of his plans to propose to Chas after learning she has organised a surprise 40th birthday party for him. (T)

8.00 World's Best Diet. In the final part of the Tonight Special, Birds of a Feather star Linda Robson and columnist Carole Malone adopt the diets of other cultures as they visit Japan and LA respectively. (T)

9.00 Ladette to Lady. Mrs Harbord announces a zero tolerance policy on bad behaviour as Eggleston Hall hosts a masked ball in honour of an Italian prince. However, one ladette draws the line when asked to wear a body harness to improve her deportment, and a sausage-making lesson provokes an unladlike response from the girls. To compound the situation, the amorous bachelors will be staying over on the night of the ball. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 Hollywood Lives. Revisiting the series of the 1990s, this documentary examines the impact of scandal and gossip on Tinseltown, where the internet has changed accessibility to news about the stars. (T)

11.05 Supernatural. A series of murders is carried out by people who claim they were acting on the instructions of an angel, but when Sam and Dean investigate, one of them falls under its sway. Fantasy drama, starring Jared Padalecki and Jensen Ackles. (R) (T)

12.05 Isle of Wight Festival 2009 Highlights. (R) (T) 12.50 Nightwatch with Steve Scott. Action Stations. (R) (T) ITV News Headlines. 1.45 Loose Women. (R) 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1400 Verão Total 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1800 Portugal em Directo 1905 Preco Certo 2030 News 2100 30 Minutos 2130 Telerural 2200 Duelo Final 2300 Serviço de Saúde 0030 Meno de Honor, film 0230 Prova de Amor 0400 Teleseas 0605 Nôis **RTP2**
0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquitetArte 1945 Zig Zag 2045 Samantha Who? series 2115 National Geographic 2200 News 2320 The Mentalist, series 2330 Bairro Alto 00305 Para a Meia-Noite 0115 Câmara Clara 0225 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Sic ao Vivo 1700 Rebelde Way 1800 Três Irmãs 1900 Nôis por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca **TVI**
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixe Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0015 Indecent Proposal, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleseas

Best of the Rest

BBC3
7.00 Glastonbury 2009 8.00 Make My Body Younger 9.00 Personal Affairs 10.00 EastEnders 10.30 Bizarre ER 11.00 Family Guy 11.25 Family Guy 11.50 Personal Affairs 12.45 Make My Body Younger 1.45 Bizarre ER 2.15 The Real Hustle on Holiday 2.45 Claire Richards: My Big Fat Wedding 3.45 My Life As an Animal 4.40 The Real Hustle on Holiday 5.10 Close **BBC4**
7.00 World News Today 7.00 Weather 7.30 Yellowstone 8.30 The Pre Raphaelites: Victorian Revolutionaries 9.00 TV Believe it or Not 10.00 The Chaser's War on Everything 10.30 Flight of the Conchords 10.55 Wallander 12.35 The Pre Raphaelites: Victorian Revolutionaries 1.05 The Pre Raphaelites: Victorian Revolutionaries 1.35 The Pre Raphaelites: Victorian Revolutionaries 2.05 TV Believe it or Not 3.05 Close **ITV2**
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 Katie & Peter: Stateside 9.00 Film: About a Boy 12 (2002) 11.00 Film: Unbreakable 12 (2000) 1.10 I'm a

Celebrity Get Me Out of Here! USA 2.05 The Office: An American Workplace 2.25 The Office: An American Workplace 2.50 Teleshopping 3.20 Ricki Lake 3.55 Teleshopping 5.55 **ITV2**
 Sky1
1.00 Project Catwalk 2.00 Lost 3.00 Bones 4.00 Ooops TV 4.30 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Film: Beverly Hills Cop III 15 (1994) 12.05 Road Wars 1.05 Road Wars 2.00 Street Wars 2.55 Stargate SG-1 3.50 Stargate SG-1 4.40 Airline 5.05 Project Catwalk **GOLD**
1.00 dinnerladies 1.40 Porridge 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Keeping Up Appearances 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.40 Porridge 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.00 Little Britain USA 10.35 Little Britain 11.15 Only Fools and Horses 12.20 Steptoe and Son 1.00 Little Britain USA 1.35 Little Britain 2.10 The New Statesman 2.35 The New Statesman 3.00 Close **TCM**
1.00 She's Back on Broadway U (1953) 3.00 Jailhouse Rock PG (1957) 4.50 Rebel Without a Cause PG (1955) 6.55 Bullitt 15 (1968) 9.00 Soapdish 15 (1991) 10.55 Looker 15 (1981) 12.50 Soapdish 15 (1991) 2.55 Spencer's Mountain PG (1963) 5.00 She's Back on Broadway U (1953)

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.00 The Neighbor 12 (2008) 7.40 North Dallas Forty 18 (1979) 9.40 The Astronaut Farmer PG (2006) 11.25 Mollholland Drive 15 (2001) With Naomi Watts. 1.55 Amazing Grace PG (2006) With Ioan Gruffudd. 3.55 Dead Man Walking 15 (1995) With Susan Sarandon. 6.00 Fracture 15 (2007) With Anthony Hopkins. 8.00 Reign Over Me 15 (2007) With Adam Sandler. 10.10 Things We Lost in the Fire 15 (2007) With Halle Berry. 12.10 Scarface 18 (1983) With Al Pacino. 3.00 Mortal Thoughts 18 (1991) With Demi Moore. 4.50 Miracle in the Woods PG (1997)

Sky Movies Comedy

6.05 Catch and Release 12 (2007) 8.05 I Wanna Hold Your Hand PG (1978) 9.50 Blame It on the Bellboy 12 (1992) 11.15 King Ralph PG (1991) With John Goodman. 1.00 Semi-Pro 15 (2008) With Will Ferrell. 2.35 Balls of Fury 12 (2007) With Dan Fogler. 4.15 Year One Special 4.30 Norbit 12 (2007) With Eddie

Murphy. 6.15 King Ralph PG (1991) With John Goodman. 8.00 Semi-Pro 15 (2008) With Will Ferrell. 9.35 Balls of Fury 12 (2007) With Dan Fogler. 11.10 Norbit 12 (2007) With Eddie Murphy. 12.55 License to Wed 12 (2007) With Robin Williams. 2.35 Blame It on the Bellboy 12 (1992) With Dudley Moore. 4.05 I Wanna Hold Your Hand PG (1978)

Sky Movies Action/Thriller

7.05 Letters from Iwo Jima 15 (2006) 9.35 V.I. Warshawski 15 (1991) 11.20 Time Bomb 12 (2006) With Angela Bassett. 12.50 Vantage Point 12 (2008) With Dennis Quaid. 2.25 Breach 12 (2007) With Chris Cooper. 4.20 Die Hard 18 (1988) With Bruce Willis. 6.40 Pathfinder 15 (2007) With Karl Urban. 8.25 Vantage Point 12 (2008) With Dennis Quaid. 10.00 Wanted 18 (2008) With James McAvoy. 11.55 End of Days 18 (1999) With Arnold Schwarzenegger. 2.00 Wanted 18 (2008) With James McAvoy. 3.50 Pathfinder 15 (2007) 5.35 Airport 1975 PG (1974)

All the latest headlines at

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THE PORTUGAL News

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Under-21s European Championship Football 10.30 Spirit of Yachting 11.00 Speedway 1.00 Under-21s European Championship Football 2.30 Live International Women's Cricket. England v Australia. 8.00 Live Ringside Special. Jason Booth v Rocky Dean. 10.00 Football Asia 10.30 Time of Our Lives 11.30 Ladies European Tour Golf 12.30 Ringside Special 2.30 Time of Our Lives 3.30 Ladies European Tour Golf 4.30 Football Asia 5.00 Pool

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Speedway 9.00 Premier League Bowls 11.00 Poker 12.00 International Women's Cricket 1.30 Golf 2.30 Speedway 4.30 Under-21s European Championship Football 6.00 Sports Unlimited 7.00 Football Asia 7.30 Wild Spirits 8.00 Live International Women's Cricket. England v Australia. 10.00 Poker 11.30 NFL: Total Access 12.30 Thinking Tackle 1.30 Poker 3.00 Close

Sky Sports 3

7.00 World Hockey Monthly 7.30 International Women's Cricket 9.00 Thinking Tackle 10.00 Golf 11.00 The Irish Golfer 11.30 Racing News 12.00 Thinking Tackle 1.00 Poker 2.00 Ocean Adventures 2.30 Wild Spirits 3.00 Premier League Bowls 5.00 NFL: Total Access 6.00 Ocean Adventures 6.30 F3 Euroseries 7.30 Live Greyhound Racing. The William Hill Casarewitch. 10.00 Thinking Tackle 11.00 Sports Unlimited

12.00 Premier League Bowls 2.00 F3 Euroseries 3.00 Sports Unlimited 4.00 Close

British Eurosport

7.30 Olympic Magazine 8.00 Motorsports Weekend 8.15 MotoGP 9.00 World Superbikes 10.30 World Touring Car Championship 11.30 World Series by Renault 12.55 Formula Two Championship 1.55 World Rally Championship 2.55 Cycling 3.25 Cavendish's Tour de France 2008 4.30 Swimming 5.00 Live Swimming. The Mediterranean Games. 7.00 Strongest Man 8.00 Boxing 10.00 Cavendish's Tour de France 2008 11.00 Inside the Teams 12.00 Olympic Magazine 12.30 Close

Sky Sports Xtra

3.00 The Irish Golfer 3.30 World Hockey Monthly 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Pool 6.00 Aerobics Oz Style 6.30 Mountain Bike World 7.30 Thinking Tackle 8.00 Ladies European Tour Golf 8.00 Premier League Bowls 11.00 Ocean Adventures 11.30 Mountain Bike World 12.00 Pool 1.00 Ocean Adventures 1.30 Mountain Bike World 2.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



I use it on our yacht



I take it in my car



I take it to the café



I take it to lunch

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Wimbledon 2009. The men's singles quarter-finals on day nine at SW19. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Magazine show, featuring celebrity interviews and topical reports from across the UK. Presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Real Rescues. A paramedic finds himself in the unusual situation of having to deliver twins when a woman goes into labour early and her midwife is held up by traffic. Elsewhere, a girl goes missing as a family caravan catches alight and a motorcyclist pays the price for his choice of trousers. Nick Knowles presents. (R) (T) BBC News; Weather; Regional News. (T)

8.00 Celebrity MasterChef. The six remaining contestants are challenged to cook a two-course meal for 30 schoolchildren before preparing a course dinner to impress judges John Torode and Gregg Wallace. If their food fails to impress, two of the celebrities run the risk of being sent home. Continues tomorrow. (T)

9.00 Waking the Dead. Part two of two. Boyd and the team uncover links between terrible war crimes and a major drugs deal, and set out to bring all the criminals to justice. Ron Cook, Anna Madeley and Branka Katic guest star, with Trevor Eve and Sue Johnston. (R) (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.45 FILM: The World's Fastest Indian (2005). Fact-based drama, starring Anthony Hopkins. (T) National Lottery Update and Weatherview. (T)
12.45 Sign Zone: Springwatch Holidays with Martin Hughes-Games. (R) (T) 1.45 Sign Zone: Famous, Rich and Homeless. (R) (T) 2.45 Sign Zone: Celebrity MasterChef. (R) (T) 3.45 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (R) (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newswound. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified. (R) (T) Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Daily Politics. (T) 1.00 Wimbledon 2009. The men's singles quarter-finals on day nine at SW19. (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Paradise Cafe. (R) (T) 4.35 Blue Peter; (T) MySay. (R) (T) 5.05 Newswound. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The conclusion of the men's singles semi-finals at SW19. (T) 8.00 Today at Wimbledon. John Inverdale introduces highlights from the ninth day of the All England Championships, where the main focus was on the men's singles quarter-finals. (T) 9.00 Nasa - Triumph and Tragedy. Conclusion. The disasters that have marred America's space programme. (T) 10.00 James May at the Edge of Space. The presenter undertakes a rigorous training regimen at a US Air Force base in California before boarding a U-2 spy plane that will take him 70,000ft above Earth. Previously broadcast on BBC4. (T) 10.30 Newswight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 3.45 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

The Bill (ITV1 Granada, 8pm)

The Sun Hill cops face one of their trickiest cases to date as a six-part storyline kick off. Outside a busy eE1 bar, Sergeant Smith (Alex Walkinshaw) and his officers try to break up a street fight and discover badly beaten Andy Brennan (Jack Deam) lying alone in a nearby alleyway. Elsewhere, Sergeant Stone (Sam Callis) investigates a break-in at Oliver Robinson's (Anthony Flanagan) house, where a watch worth £9,000 has been stolen. Back at the station, the Sergeants realise their cases are connected when the missing watch is found on Andy. Alex Walkinshaw, who has spent a decade playing Dale 'Smithy' Smith, admits he's rather excited about this new story: "There's a real moral dilemma for Smithy and how he deals with it or chooses to deal with it or not to deal with it," he explains. "You've got two simple stories that then collide and become one story, and out of that story we then meet some rather large fish." Will Smithy and company crack the case? There's a chance to find out as the storyline continues on Thursday night.

C4

5.50 Grudge Match. (R) (T) 6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 9.00 Kirstie's Homemade Home. (R) (T) 10.00 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Life Begins Again. (R) (T) 1.30 FILM: Crash Dive (1943). Romantic wartime drama, starring Tyrone Power and Anne Baxter. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. The tourists indulge in spa treatments in Marienbad. (T) 5.30 Celebrity Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art Against the Odds. A woman worries that her art is unfashionable. (T) 8.00 Embarrassing Bodies: Back to the Clinic. A woman who suffered internal injuries during childbirth. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Ugly Betty. Wilhelmina offers Betty a job as her assistant, and Christina becomes suspicious of Stuart's intentions, while Daniel faces a custody battle to keep Daniel Jr in the United States. (T) 11.00 Skins. New series. Effy starts at college and immediately becomes queen bee. (T) 12.00 4Music: Grassroot Gigs. (T) 12.15 Dirty Sexy Money. (R) (T) 1.10 Big Brother Live. 4.00 Bob and Margaret. (R) (T) 4.25 Revelations: How to Find God. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Back to You and Me (2005). Drama, starring Lisa Hartman Black. (T) 5.00 Five News Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Mean Machines. The world's most advanced cranes. (R) (T) 7.30 Five News Update. (T) 8.00 The Da Vinci Shroud - Revealed. Claims that the shroud of Turin is a forgery made by Leonardo Da Vinci. (T) 8.00 Five News at 9. (T) 9.00 FILM: The Good, the Bad and the Ugly (1966). Three rival gunfighters hunt for a hidden cache of gold during the American Civil War. Western, starring Clint Eastwood, Lee Van Cleef and Eli Wallach. Including Five News Update. (T) 12.35 Poker. 2.10 NHRA Drag Racing. (R) 3.10 NHRA Drag Racing. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Chase. Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser and secure a cash prize. (T) 6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Paddy is livid when Aaron ruins his party, Carl struggles with his guilt as he tries to comfort Lexi, while Maisie and Nathan worry they have caused the rift between their parents. (T)

7.30 Coronation Street. Maria and Tony's plan to speed up the baby's arrival with a long walk is successful, but the factory boss is distracted. Kevin and Molly take more risks to spend time together. (T)

8.00 The Bill. The first of a six-part story centring on two brothers, a man is badly beaten in a street fight outside the busy E1 bar. Smithy and Callum break up the skirmish and encounter bar owner Jason Devlin, who reveals a vicious streak and manages to rile the officers with his smug air of self-confidence. They entertain doubts about his innocence but are intrigued when he implicates his own brother in the disturbance - without acknowledging the relationship. Continues tomorrow. (T)

9.00 Cops with Cameras. Police in Aberdeen have their hands full as revellers descend on the city centre for the last Friday before Christmas, while Manchester officers search for a cannabis factory. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 Tears, Lies and Videotape. In 2008, Karen Matthews made tearful TV appeals for the return of her missing daughter Shannon, all the while knowing where she was. Similarly, Gordon Wardell and Tracie Andrews attended press conferences after having killed their partners. Psychologists David Carter and Paul Ekman examine footage of these and others who made public appeals on crimes but were later found guilty themselves, including Ian Huntley and Fadi Nasri. (R) (T)

11.35 Nightwatch with Steve Scott: Action Stations. The work of fighter pilots and ground troops on duty in Afghanistan, plus insights into Air Sea Rescue and the Red Arrows aerobatic team. (T)

12.30 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.25 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Oamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Em Reportagem 2130 Contra Informação 2200 Dúo Fidel 2300 Talking Lives. 2310 O Fiel, miniseries 0300 Telesales 0500 Euronews 0605 N6s

RTP2

0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 National Geographic 1700 Zig Zag 1830 Fé dos Homens 1900 Biosfera 2030 Zig Zag 2045 Samantha Who? series 2105 National Geographic 2200 News 2240 24 series 2330 Clube de Jornalistas 0030 5 Para a Meia-Noite 0115 Biosfera 0145 Bastiões 0215 Euronews 0515 Sociedade Civil

SIC

0600 Sic Noticias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Sic ao Vivo 1700 Rebelde Way 1800 Três Irmãs 1900 Nós por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Pódia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI: New York, series 0230 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0015 The Jackal, film 0230 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3

7.00 Glastonbury 2009 8.00 Make My Body Younger 9.00 Film: Superman Returns 12 (2006) 11.25 Family Guy 11.50 Family Guy 12.15 Little Britain 12.45 The Real Hustle on Holiday 1.15 Bizarre ER 1.45 Blood, Sweat and Takeaways 2.40 When Diets Go Wrong 3.40 Bizarre ER 4.10 Make My Body Younger 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 The Pre Raphaelites: Victorian Revolutionaries 8.00 Legends: Roy Orbison - The 'Big O' in Britain 9.00 Summits 10.30 Film: Climates 15 (2006) 12.10 Legends: Roy Orbison - The 'Big O' in Britain 1.10 Batman 1.35 Batman 2.00 Mad Men 2.45 Mad Men 3.30 The Pre Raphaelites: Victorian Revolutionaries 4.00 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 I'm a Celebrity Get Me Out of Here! USA 8.00 Gossip Girl 9.00 Film: Unbreakable 12 (2003) 11.10 Coronation Street 11.40 Film: Thirteen 18 (2003) 1.45 I'm a Celebrity Get Me Out of Here! USA 2.35 Teleshopping 5.35 ITV2 Nightscreen

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THE NEWS

Sky1

1.00 Project Catwalk 2.00 Lost 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Martina Cole's The Take 10.00 Ross Kemp: A Kenya Special 11.30 Miami SWAT 12.30 UK Border Force 1.30 Road Wars 2.25 The Villa 3.20 Stargate SG-1 4.15 Stargate SG-1 5.10 Project Catwalk

GOLD

1.00 dinnerladies 1.35 Porridge 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 My Family 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 dinnerladies 7.35 Porridge 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.00 Little Britain USA 10.35 Little Britain 11.15 Only Fools and Horses 12.20 Steptoe and Son 1.00 Little Britain USA 1.35 Little Britain 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM

1.00 On the Town U (1949) 3.00 The Old Man and the Sea (1958) 4.40 The Madwoman of Chailott U (1969) 7.10 This Woman Is Dangerous PG (1952) 9.00 Overnight Delivery 15 (1996) 10.55 Possession 12 (2002) 1.00 Overnight Delivery 15 (1996) 2.45 Possession 12 (2002) 4.30 The Screening Room 5.00 Mary, Mary PG (1963)

The Disney Channel

Kids' programmes from 7am

Sky Movies Drama

6.30 Cop Dog PG (2008) 8.00 Jack Pity (1996) 10.00 35MM 10.30 Brighton Beach Memoirs 15 (1986) 12.30 Phoebe in Wonderland PG (2008) With Elle Fanning. 2.15 Regarding Henry 15 (1991) With Harrison Ford. 4.15 Heartburn 15 (1987) With Meryl Streep. 6.15 Wah Wah 15 (2006) With Nicholas Hoult. 8.00 Lions for Lambs 15 (2007) With Robert Redford. 9.40 What's the Love Got to Do with It 18 (1993) With Angela Bassett. 11.40 Sleepers 18 (1996) With Brad Pitt. 2.15 Gridlock'd 18 (1997) With Tupac Shakur. 4.00 The Top 10 Show 4.20 The End of Eden PG (1996)

Sky Movies Comedy

6.00 Expiration Date 12 (2006) 7.40 Fletch PG (1985) 9.25 Three and Out 15 (2008) 11.10 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 1.05 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 2.50 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 4.30 Code Name:

The Cleaner PG (2007) With Cedric the Entertainer. 6.05 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 8.00 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 9.50 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 11.35 Fletch PG (1985) With Chevy Chase. 1.20 Three and Out 15 (2008) With Mackenzie Crook. 3.05 Code Name: The Cleaner PG (2007) 4.40 Expiration Date 12 (2006)

Sky Movies Action/Thriller

7.25 Twilight 15 (1998) 9.05 Next of Kin 15 (1989) 11.05 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger. 12.50 Dante's Peak 12 (1997) With Pierce Brosnan. 2.40 Saving Private Ryan 15 (1998) With Tom Hanks. 3.30 Three 15 (2005) With Kelly Brook. 7.10 Dante's Peak 12 (1997) With Pierce Brosnan. 9.00 Saving Private Ryan 15 (1998) With Tom Hanks. 11.50 Mr Brooks 18 (2007) With Kevin Costner. 1.55 The Corruptor 18 (1999) With Chow Yun-Fat. 3.50 Night Hawks 18 (1981) 5.30 Seventeen and Missing PG (2006)

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I take it to the pool



I use it at the airport



I even took it camping

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 Best of British Motorsport 10.30 Live Cricket. England Lions v Australia. 6.00 Total Rugby 6.30 European Tour Weekly 7.00 Live Darts. The opening day of the Las Vegas Classic. 11.00 Time of Our Lives 12.30 Soccer AM: The Best Bits 1.00 Darts 5.00 FIFA Futbol Mundial 5.30 European Tour Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 PGA EuroPro Tour Golf 9.00 Ringside Special 11.00 Poker 12.30 Ringside Special 2.30 Football Asia 3.00 Poker 4.30 Football Asia 5.00 Ten Pin Bowling 6.00 Boots 'n' All 7.00 British Motocross Championship 8.00 Cricket 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 Cricket 2.30 Poker 3.30 Time of Our Lives 4.00 Close

Sky Sports 3

8.30 Mountain Bike World 9.00 Thinking Tackle 10.00 Pool 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Thinking Tackle 1.00 Best of British Motorsport 2.00 Ocean Adventures 2.30 Mountain Bike World 3.00 Pool 4.00 Best of British Motorsport 5.00 NFL: Total Access 6.00 Powerboating 7.00 Show Jumping 8.00 Boots 'n' All 9.00 Powerboating 10.00 Transworld Sport 11.00 Ten Pin Bowling 12.00 FIFA Futbol Mundial 12.30 European Tour Weekly 1.00 Show Jumping 2.00 PGA EuroPro Tour Golf 4.00 British Motocross Championship 5.00 Close

British Eurosport

7.30 World Rally Championship 8.30 Cycling 9.30 Cycling 11.00 Swimming 12.00 World Superbikes 2.00 Live Show Jumping. The Concours Hippique International Official event. 3.45 Cavendish's Tour de France 2008. 4.45 euroCRASH! 5.00 Live Swimming. The Mediterranean Games. 7.00 MotoGP 8.00 Olympic Magazine 8.30 Wednesday Selection 8.35 Riders Club 8.40 US PGA Golf 9.40 European Tour Golf 10.10 Golf Club 10.15 Sailing 10.45 Yacht Club 11.05 Cavendish's Tour de France 2008 12.05 Cycling 12.35 Close

Sky Sports Xtra

2.00 F3 Euroseries 3.00 Ladies European Tour Golf 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Watersports World 6.00 Ocean Adventures 6.30 Aerobics Oz Style 7.00 Best of British Motorsport 8.00 PGA EuroPro Tour Golf 10.00 Watersports World 11.00 Ocean Adventures 11.30 Total Rugby 12.00 British Motocross Championship 1.00 Ocean Adventures 1.30 Max Power 2.30 Best of British Motorsport 3.30 Powerboating 4.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Her Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Wimbledon 2009. The ladies' singles semi-finals on day 10 at SW19. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleasley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Minty catches Phil and Manda together and suspects they are having an affair, while the reopening of the cafe fails to run smoothly for Ian. Al encourages Heather to seek advice before making her final decision about the baby, Amira tries to prove herself to Zainab, and Trina finds a way to get back at Denise. (T) BBC News: Regional News. (T)

8.00 Celebrity MasterChef. The four semi-finalists fine-tune their individual cooking styles in some of London's best restaurants, before returning to the studio to showcase their skills to John Torode and Gregg Wallace. Later, they are challenged to be the sole caterers at an exclusive society dinner. Continues tomorrow. (T)

9.00 The Best Job in the World. In January, Australia's Queensland tourist board launched a marketing campaign that offered a dream job on the Great Barrier Reef's Hamilton Island, carrying with it a #70,000 salary and luxury accommodation. This documentary follows four Britons who made it through to the final 50 candidates in the race for the coveted caretaker position, which attracted applications from 35,000 people around the world. (T)

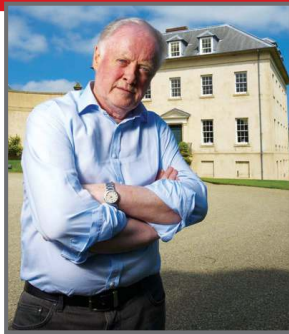
10.00 BBC News. (T)
10.25 Regional News: Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather. (T)
12.25 Sign Zone: Panorama. (R) (T) 2.55 Sign Zone: Countryfile. (R) (T) 1.55 Sign Zone: Celebrity MasterChef. (R) (T) 2.55 BBC News. (T)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Doodle Do Making Moments. (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsround. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified. (R) (T) Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Daily Politics. (T) 12.00 Animal Park. (R) (T) 1.00 Wimbledon 2009. The ladies' singles semi-finals. (T) 3.25 CBBC: Martha Speaks. (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Ed and Ocho's Excellent Inventions. (R) (T) 4.35 Horrible Histories. (T) 5.05 Newsround. (T) 5.10 Trapped. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The conclusion of day 10 at SW19. (T) 8.00 Today at Wimbledon. Highlights of the ladies' singles semi-finals on day 10. (T) 9.00 Krod Mandon and the Flaming Sword of Fire. The gang tries to warn resistance leaders that the Eye is about to be activated. (T) 9.30 That Mitchell and Webb Look. The secret of the universe is revealed in a melon. (T) 10.00 Psychoville. David and his mother go undercover to dispatch their next victim. Mr Jelly reveals how he ended up with one hand, and Robert wreaks revenge on Debbie during a matinee of Snow White. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 2.55 Close. 4.00 BBC Learning Zone. (T)

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 9.00 Kirstie's HomeMade Home. (R) (T) 10.00 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Rescue Remedies. (R) (T) 12.40 My Place in the Sun. (T) 1.10 FILM: Witness for the Prosecution (1957). Courtroom drama, starring Marlene Dietrich. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (T) 5.30 Celebrity Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Art Against the Odds. A young print-maker looks for his big break. Last in the series. (T) 8.00 The Home Show. George Clarke helps a family suffering from a lack of space, even though 19 years have been spent on extension work. Plus, builders reveal the practices of unscrupulous workmen. (T) 9.00 Gerry's Big Decision. New series. Entrepreneur Gerry Robinson helps struggling businesses. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 TNT Show. (T) 11.45 Derren Brown: Trick or Treat. (R) (T) 12.20 Dubplate Drama. (T) 1.20 Big Brother Live. 3.55 Bob and Margaret. (R) (T) 4.20 Dispatches: Terror in Mumbai. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fil and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pokey. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.00 FILM: Rest in Peace, Mrs Columbus (1990). Crime drama, starring Peter Falk. (T) 5.00 Five News with Natasha Kaplinsky: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 RSPCA: On the Frontline. Tragedy strikes at an agricultural show. (R) (T) 7.30 Five News Update. (T) 8.00 Megastructures. A family-run company overruns the demolition of the New Frontier casino hotel in Las Vegas, carefully planning to avoid damage to the surrounding buildings. (T) 8.00 Five News at 9. 9.00 The Mentalist. The president of a women's country club is killed. (T) 10.00 Law & Order: Special Victims Unit. The squad investigates a quadruple homicide. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 4.00 NFL Classic. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Operação Especial: Solidários Até À Medida 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sangue 1530 Operação Especial: Solidários Até À Medida 1905 Prego Certo 2000 News 2100 Grande Entrevista 2130 Espectáculo Solidários Até À Medida 2330 Corredor do Poder 0030 Journeymen, series 0115 Fidel, miniseries 0315 Telesales 0515 Euronews 0605 Nôs

RTP2
0720 Zig Zag 1400 Sociedade Civil 1500 Assembleia da República 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Samantha Who?, series 2115 National Geographic 2200 News 2240 Fringe, series 2330 Documentary 0030 5 Para a Meia-Noite 0115 Iniciativa 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Sic ao Vivo 1700 Rebelde Way 1800 Três Irmãs 1900 Nôs por Cá 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Lave 2215 Flor do Mar 2245 Sentimentos 2345 Olhos nos Olhos 0015 Dirty Sexy Money, series 0115 The Office, series 0145 Cartaz das Artes 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Snog, Marry, Avoid? 8.30 Snog, Marry, Avoid? 9.00 Can I Get High Legally? 10.00 EastEnders 10.30 The Real Hustle on Holiday 11.00 Family Guy 11.25 Family Guy 11.50 Can I Get High Legally? 12.50 Personal Affairs 1.50 Snog, Marry, Avoid? 2.20 Snog, Marry, Avoid? 2.50 The Real Hustle on Holiday 3.20 Kirsten's Topless Ambition 4.15 Personal Affairs 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 In Search of England's Green and Pleasant Land 8.00 Hidden Histories 8.30 The Sky at Night 9.00 Crude Britannia: The Story of North Sea Oil 10.00 The Secret Life of the Airport 11.00 The High Life 11.30 Meet the British 12.30 Crude Britannia: The Story of North Sea Oil 1.30 Crude Britannia: The Story of North Sea Oil 2.30 Crude Britannia: The Story of North Sea Oil 3.30 The Sky at Night 4.00 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 America's Got Talent 9.00 Katie & Peter: Stateside 10.00 Film: Notting Hill 15 (1999) 12.35 Film: Armed and Dangerous 15 (1985) 2.15 America's Got Talent 3.00 Teleshopping

Sky1
1.00 Project Catwalk 2.00 Lost 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Real A&E

9.00 Bones 10.00 Lie to Me 11.00 Bones 12.00 Law & Order 1.00 Road Wars 1.50 The Villa 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.10 Project Catwalk

GOLD
1.00 Whatever Happened to the Likely Lads? 1.40 Porridge 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 My Family Christmas Special 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Porridge 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.00 Little Britain USA 10.35 Little Britain 11.15 Only Fools and Horses 12.20 Steptoe and Son 1.00 Little Britain USA 1.35 Little Britain 2.10 The New Statesman 2.35 The New Statesman 3.00 Close

TCM
1.00 You're a Big Boy Now 15 (1967) 3.00 Auntie Mame U (1958) 5.50 Mark of the Vampire PG (1935) 7.05 Elvis: That's the Way It Is PG (1970) 9.00 Cool Hand Luke 15 (1967) 11.25 Presumed Innocent 18 (1990) 1.55 Cool Hand Luke 15 (1967) 4.05 Off Set 5.00 You're a Big Boy Now 15 (1967)

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MOVIES

Sky Movies Drama

6.00 The Legend of 1900 15 (1998) 8.15 The Namesake 12 (2006) 10.30 Sleuth 15 (2007) 12.00 The Children of Huang Shi 12 (2008) With Jonathan Rhys Meyers. 2.15 Flashdance 15 (1983) With Jennifer Beals. 4.00 Goya's Ghosts 15 (2006) With Javier Bardem. 6.00 Georgia Rule 15 (2007) With Jane Fonda. 8.00 Sleuth 15 (2007) With Michael Caine. 9.30 Chaplin 15 (1992) With Robert Downey Jr. 12.00 American Gigolo 18 (1980) With Richard Gere. 2.00 35MM 2.30 I Want You 18 (1998) With Rachel Weisz. 4.00 Loss of Faith PG (1997) 5.40 The Top 10 Show

Sky Movies Comedy

6.20 35MM 6.50 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) 8.50 Foul Play 12 (1978) 10.55 Leatherheads PG (2008) 1.00 The Comebacks 15 (2007) With David Koehnner. 2.50 The Golden Child PG (1986) With Eddie Murphy. 4.30 To Wong Foo, Thanks for Everything! Julie Newmar PG (1995) With Patrick Swayze. 6.25 Carry On Columbus PG (1992) With Jim Dale. 8.00 The Comebacks 15 (2007) With David Koehnner. 10.00 The Golden Child PG (1986) With Eddie Murphy. 11.40 Fear and Loathing in Las Vegas 18 (1998) With Johnny Depp.

1.45 Leatherheads PG (2008) With George Clooney. 3.45 Carry On Columbus PG (1992) 5.20 More of Me PG (2007)

Sky Movies Action/Thriller

7.10 The Librarian: Return to King Solomon's Mines PG (2006) 9.00 35MM 9.30 The Killers 15 (1964) 11.15 Daylight 12 (1996) With Sylvester Stallone. 1.15 X-Men 12 (2000) With Hugh Jackman. 3.05 Michael Clayton 15 (2007) With George Clooney. 5.15 The Elger Sanction 15 (1975) With Clint Eastwood. 7.30 35MM 8.00 X-Men 12 (2000) With Hugh Jackman. 10.00 Marked for Death 18 (1990) With Steven Seagal. 11.40 Predator 18 (1987) With Arnold Schwarzenegger. 1.30 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 3.30 Michael Clayton 15 (2007) 5.30 The Librarian: Return to King Solomon's Mines PG (2006)



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 Transworld Sport 10.25 Total Rugby 10.55 Live Cricket: England Lions v Australia. 6.00 FIFA Futbol Mundial 6.30 Premier League World 7.00 Live Darts. Day two of the Las Vegas Classic. 11.00 Time of Our Lives 12.00 Premier League World 12.30 IAAF Athletics Weekly 1.00 Darts 5.00 Premier League World 5.30 IAAF Athletics Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 British Motocross Championship 8.00 Boots 'n' All 9.00 European Tour Weekly 9.30 Live European Tour Golf. The Open de France. 12.30 FIFA Futbol Mundial 1.00 Total Rugby 1.30 British Motocross Championship 2.30 Live European Tour Golf. The Open de France. 5.30 Total Rugby 6.00 Ocean Adventures 6.30 IAAF Athletics Weekly 7.00 Race World 8.00 Cricket 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 NFL: Total Access 1.00 Cricket 3.00 Time of Our Lives 4.00 Close

Sky Sports 3

6.00 Powerboating 7.00 Darts 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Darts 5.00 NFL: Total Access 6.00 Mountain Bike World 6.30 Transworld Sport 7.30 Live Rugby League. Barrow Raiders v Toulouse (Kick-off 7.30pm). 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 Golf Night 2.30 Close

British Eurosport

7.30 Show Jumping 8.30 Cycling 9.30 Cycling 10.15 Cycling 11.00 Motocross 12.30 MotoGP 2.30 Total Superbikes 4.00 euroCRASH! 4.15 Cavendish's Tour de France 2008 5.15 Live Cycling: Tour de France. The presentation of the teams ahead of this year's race. 6.45 Planet Armstrong 7.15 Inside the Teams 7.45 MotoGP 9.45 Cycling: Tour de France 10.45 Cavendish's Tour de France 2008 11.45 Cycling 12.15 Arm Wrestling 12.45 Close

Sky Sports Xtra

1.00 Show Jumping 2.00 Powerboating 3.00 Ten Pin Bowling 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 Powerboating 6.00 Aerobics Oz Style 6.30 Ten Pin Bowling 7.30 Ocean Adventures 8.00 Golf Night 10.00 Race World 11.00 Ocean Adventures 11.30 Rugby League 1.30 Ocean Adventures 2.00 IAAF Athletics Weekly 2.30 Close

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Everything in English



6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Celebrity Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2009. The men's singles semi-finals on day 11. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 Air Medic. Dr Jeremy Henning is called to attend to a four-year-old boy possibly suffering brain injury after his family's car smashed into a tree, and the Pride of Cumbria crew tries to find an injured mountain biker missing in the winding forest tracks beneath them. Meanwhile, the Guardian of the North helicopter faces a tough decision at the scene of a head-on motor collision; (T) BBC News; Regional News. (T)

8.00 EastEnders. Minky makes an alarming discovery about Phil's love life, Roxie tells Jack a few home truths about Ronnie, and Al helps Heather keep her secret from Shirley. (T)

8.30 Celebrity MasterChef. The four semi-finalists are challenged to cook their best two-course meal for a trio of restaurant critics before the menu is reduced to three by John Torode and Gregg Wallace. (T)

9.00 Hotel Babylon. Treasure hunters flock to the hotel following the posthumous publication of a famous thief's autobiography in which he claims to have hidden valuable emeralds in Babylon. Events take a dramatic turn when Anna goes into labour, and Juliet hands Tony the task of looking after a senile film star. Meanwhile, Gino has his trust betrayed. Tony Robinson and Honor Blackman guest star, with a cameo by Michael Winner and the reappearance of Max Beesley as Charlie. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The host is joined by Hollywood actor Sandra Bullock, Harry Potter star Emma Watson and veteran performer Liz Smith, best known as Nana in The Royal Family. (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: It's All Gone Pete Tong (2004). Comedy drama, starring Paul Kaye; (T) Weatherwise. (T)

1.15 Sign Zone: Mary, Queen of Charity Shops. (R) (T) 2.15 Sign Zone: Springwatch Home Movies with Gordon Buchanan. (R) (T) 3.15 Sign Zone: Celebrity MasterChef. (R) (T) 3.45 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Doodle Do Making Moments. (T) 7.00 CBBC: Maya & Miguel. (R) (T) 7.25 Newsworld. (T) 7.30 Stake Out. (R) (T) 8.00 Mortified; (R) (T) Sam and Mark's Guide to Dodging Disaster. (T) 8.30 CBeebies: Big & Small. (R) (T) 8.40 Bob the Builder: Project Build It. (R) (T) 8.50 3rd & Bird. (R) (T) 9.05 Poetry Pie. (R) (T) 9.10 LazyTown Extra. (R) (T) 9.25 Mister Maker. (R) (T) 9.45 Harry and Toto. (R) (T) 9.55 Telly Tales. (R) (T) 10.05 Jakers! (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 Daily Politics. (T) 12.00 Animal Park. (R) (T) 1.00 Wimbledon 2009. The men's singles semi-finals on day 11. (T) 3.25 CBBC: Martha Speaks. (R) (T) 3.35 Raven: The Dragon's Eye. (R) (T) 4.05 Animals at Work. (R) (T) 4.35 Trapped. (R) (T) 5.05 Newsworld. (T) 5.10 The Slammer. (R) (T) 5.40 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2009. The conclusion of the men's singles semi-finals. (T) 8.00 Today at Wimbledon. John Inverdale presents highlights of the men's singles semi-final day at the All England Championships, which featured the tournament's four outstanding players. (T) 9.00 Top Gear. The presenters try to find the perfect car for 17-year-olds, and Richard Hammond tests the new Lamborghini Murcielago SV. Stephen Fry is the star in a Reasonably Priced Car. (R) (T) 10.00 Horne & Corden. New series. Comedy sketch show with the Gavin & Stacey stars. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Stevie Wonder: Live at Last. (T) 12.35 Medium. (R) (T) 1.15 The Wire. (R) (T) 2.15 The Wire. (R) (T) 3.10 The Wire. (R) (T) 4.05 Close. (R) (T)

Pick of the Day

Friday Night with Jonathan Ross (BBC1, 10.35pm)

We're nearing the end of the current run of the hugely popular chat show but that's not to say that Jonathan has been left with any old guests for the final few shows. In fact, they seem to get better every week and tonight's show is no different, with Hollywood superstar Sandra Bullock among the guests. The Miss Congeniality actress is in town to promote her latest film, The Proposal, which hits our screens in a few weeks' time. She plays a pushy Canadian boss who forces her assistant (Ryan Reynolds) to marry her so that she doesn't get deported to Canada. Harry Potter star Emma Watson is tonight's second guest and Jonathan will have to be on his best behaviour now that she's all grown up. She's here to promote the latest film in the hugely successful Harry Potter series, Harry Potter and the Half-Blood Prince. Last, but by no means the least is everyone's favourite Royle Liz Smith, aka Nana, who looks back on a remarkable career spanning nearly 40 years. Tonight's music comes from Little Boots, whose debut album Hands was released in June.

C4

6.00 The Hoobs. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.15 Big Brother's Little Brother. (T) 7.45 Big Brother. (R) (T) 8.55 Kirstie's Homemade Home. (R) (T) 10.00 Brothers & Sisters. (R) (T) 11.00 Desperate Housewives. (R) (T) 12.00 News at Noon. (T) 12.30 Post Modern Pastimes. (R) (T) 12.45 Life Begins Again. (R) (T) 1.45 FILM: The Black Swan (1942). Swashbuckling adventure, with Tyrone Power. (R) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Coach Trip. (R) 5.30 Celebrity Come Dine with Me. (R) (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 UR SO V4IN. Quirky documentary meeting several people called Nigel, who all want to own the personalised number plate NIGEL, examining the reasons behind their shared fixation. Part of the First Cut documentary strand. (T) 8.00 A Place in the Sun: Home or USA? A family looks for properties in Florida and Poole. (R) (T) 9.00 Big Brother. The next evictee is revealed. (T) 10.00 8 Out of 10 Cats. Featuring David Walliams and Reginald D. Hunter. (T) 10.35 Big Brother. (R) (T) 11.05 The Simpsons. (R) (T) 11.35 Russell Brand's Ponderland. (R) (T) 12.10 4Music: JD Set Presents: Hatcham Social. (T) 12.25 4Music: 4Play: Dan Black. (T) 12.45 Poker. 1.35 Big Brother Live. 4.00 Freepsports on 4. (R) (T) 4.25 FIVB Beach Volleyball. (T) 5.15 Grudge Match. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Roary the Racing Car. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The TotWots. (T) 7.15 Little Princess. (R) (T) 7.30 The Mr Men Show. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fill and the Flowerbuds. (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bert and Ernie's Great Adventures. (R) (T) 8.55 Chiro. (R) (T) 9.00 The Beeps. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor. (R) (T) 12.15 House Doctor. (R) (T) 12.45 Five News. (T) 12.55 Wordplay. (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.50 Wordplay Plus. (T) 3.10 FILM: Always and Forever (2008). Premiere. Romantic drama, starring Rob Boltin and Barbara Eden. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 Five News at 7. (T) 7.30 Top Trumps: Rescue Riggs. A comparison between advanced rescue craft; (R) (T) 7.30 Five News Update. (T) 8.00 Air Force Afghanistan. A suicide attack in Kandahar city places the base on high alert; (T) 8.00 Five News at 9. 9.00 NCIS. The team joins forces with military investigators to ascertain whether terrorists were responsible for an explosion at a golf course in which a Marine colonel was killed. (R) (T) 10.00 Law & Order: Criminal Intent. A hip-hop producer is murdered. (T) 11.00 CSI: Miami. (R) (T) 12.00 Quiz Call. 4.00 The Gadget Show. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Chase. Bradley Walsh presents as four contestants pit their wits against ruthless quiz genius the Chaser in the hope of winning a potential prize pot worth thousands of pounds. They must work as a team and play strategically to answer general knowledge questions against the clock and race down the game board to the exit without being caught. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Mark puts Faye in her place by claiming that Ryan is not his problem, and is shocked when Natasha tells him she can see no future for their marriage. Jamie tries to console Gennie when her internet date goes badly, and David is torn between serving the village and helping his father when he learns Pollard is facing financial ruin. (T)

7.30 Coronation Street. Maria and Tony panic as she goes into labour on an isolated beach. Molly comes up with a plan to spend the evening with Kevin, and a jealous Steve speeds up his wedding plans. (T)

8.00 Airline. A mother and son with 53 kilos of excess baggage find they cannot afford to check in for their connecting flight at Belfast and two Germans miss their plane at Luton. Airport manager Mary Hosier sorts out a passenger's paperwork problem with a swift call to Swiss Immigration and former England footballer Ian Wright gets the easyJet treatment. (R) (T)

8.30 Coronation Street. The birth of Maria's baby reawakens Tony's guilt over Liam's murder. Molly and Kevin risk discovery when Tyrone returns home early, and Tina has a surprising proposition for Jason. (T)

9.00 Doc Martin. The irascible medic and Louisa embark on what seems to be a perfect first date at a classical music performance in the grounds of a country house, but an inappropriate remark from the doctor kills off any chance of romance. Elsewhere, Al worries that Pauline's gambling is getting out of hand when he finds out that her moped has been repossessed. Comedy drama, starring Martin Clunes. (R) (T)

10.00 News at Ten and Weather. (T)

10.25 London News and Weather. (T)

10.35 FILM: Magnum Force (1973). Action thriller sequel, starring Clint Eastwood. 12.50 Nightwatch with Steve Scott; Emergency; (R) (T) ITV News Headlines. 1.45 FILM: Fiddler on the Roof (1971). Oscar-winning musical, starring Topol. (T) 4.45 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Verão
Total 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1530 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Antas Pelo Contrário 2115 Pai & Gata 2215 Duelo Final 2315 Any Given Sunday, film 0200 Big Fish, film 0400 Teleseles 0600 Euronews

RTP2
0720 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Samanthinha Who?, series 2115 TBA 2200 News 2240 Brothers and Sisters, series 2330 Diga Lá Excelência 0030 5 Para a Meia-Noite 0115 Bastidores 0145 Palcos 0330 Euronews 0600 Sociedade Civil

SIC
0600 Sic Noticias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Pappy 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Sic ao Vivo 1700 Rebelde Way 1800 Mulheres 1900 Nôspor Cá 2000 News 2130 Camilo, o Presidente 2200 Salve-se Quem Puder 2300 Caminho das Índias 2345 Podia Acabar o Mundo 0045 Criminal Minds, series 0145 CSI New York, series 0230 Quando o Telefone Toca - channelnews-TVI 0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2145 Euronews 2200 Deixa Que Te Leve 2245 Flor do Mar 2315 Sentimentos 0015 Olhos nos Olhos 0045 Dragonheart, film 0245 Sempre a Somar 0430 Law & Order: Special Victims Unit, series 0530 Teleseles

Best of the Rest

BBC3
7.00 Top Gear 8.10 Total Wipeout 9.00 Tourette's - I Swear I Can't Help It! 10.00 EastEnders 10.30 Two Pints: Fags, Lads and Kebabs 11.35 Family Guy 12.00 Family Guy 12.20 Snog, Marry, Avoid? 12.50 Snog, Marry, Avoid? 1.20 Being Human 2.15 Tourette's - I Swear I Can't Help It! 3.15 Two Pints: Fags, Lads and Kebabs 4.15 Snog, Marry, Avoid? 4.45 Snog, Marry, Avoid? 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Summer-Night Concert from Vienna 9.00 Glastonbury: 2009 Sessions 10.00 Sight & Sound in Concert: Thin Lizzy 10.35 More Guitar Heroes at the BBC 11.35 Flight of the Conchords 12.00 The Chaser's War on Everything 12.30 More Guitar Heroes at the BBC 1.30 Meet the British 2.30 Summer-Night Concert from Vienna 4.00 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Family Fortunes 7.45 Creature Comforts 8.00 New Homes from Hell 2009 9.00 America's Got Talent 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: Armed and Dangerous 15 (1985) 1.50 America's Got Talent 2.40 Teleshopping 5.40 ITV2

Nightscreen
1.00 UK Border Force 2.00 Lost 3.00 Bones 4.00 Oops TV 4.30 Malcolm in the Middle 5.00 Lion Man 5.30 Lion Man 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 Road Wars 10.00 Martina Cole's The Tangle 11.00 Martina Cole: Girls in Gags London 12.00 Road Wars 1.00 Road Wars 1.50 The Villa 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Airline 4.45 Road Wars 5.10 Project Catwalk
GOLD
1.00 Whatever Happened to the Likely Lads? 1.40 Porridge 2.20 Only Fools and Horses 3.00 Last of the Summer Wine 3.40 Waiting for God 4.20 The Brittas Empire 5.00 As Time Goes By 5.40 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Whatever Happened to the Likely Lads? 7.40 Porridge 8.20 Only Fools and Horses 9.00 Only Fools and Horses 10.00 Little Britain USA 10.35 Little Britain USA 11.15 Jonathan Creek 12.20 The Likely Lads 12.55 Little Britain USA 1.30 Little Britain USA 2.10 The New Statesman 2.35 The New Statesman 3.00 Close
TCM
3.00 Crossing Delancey 10.00 Katie & Peter: Stateside 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: Armed and Dangerous 15 (1985) 1.50 America's Got Talent 2.40 Teleshopping 5.40 ITV2

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MOVIES

Sky Movies Drama

6.00 The Trench 15 (1999) 7.45 Consenting Adults 15 (1992) 9.30 Second Sight 12 (2007) 11.00 The Movie Geek 11.30 What Dreams May Come 15 (1998) With Robin Williams. 1.30 Jindabyne 15 (2006) With Gabriel Byrne. 3.40 Hope Floats PG (1998) With Sandra Bullock. 5.40 35MM 6.10 The Good German 15 (2006) With George Clooney. 8.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 10.00 Die Hard 4.015 (2007) With Bruce Willis. 12.10 The Astronaut's Wife 18 (1999) With Johnny Depp. 2.10 In Dreams 18 (1999) With Annette Bening. 3.55 The Top 10 Show 4.15 Malpractice PG (2001)

Sky Movies Comedy

6.55 To Be or Not to Be PG (1983) 8.55 Dirty Rotten Scoundrels PG (1988) 10.55 Grandma's Boy 15 (2006) 12.35 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 2.15 Wayne's World 2 PG (1993) With Mike Myers. 4.00

To Be or Not to Be PG (1983) With Mel Brooks. 5.50 Year One Special 6.05 Dirty Rotten Scoundrels PG (1988) With Michael Caine. 8.00 Wayne's World PG (1992) With Mike Myers. 9.40 Wayne's World 2 PG (1993) With Mike Myers. 11.25 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 1.00 Wayne's World PG (1992) With Mike Myers. 2.40 Grandma's Boy 15 (2006) With Allen Covert. 4.20 Legal Eagles PG (1986)

Sky Movies Action/Thriller

7.10 35MM 7.40 Flyboys 12 (2006) 10.10 In the Line of Fire 15 (1993) 12.30 Next 12 (2007) With Nicolas Cage. 2.15 Die Hard 2 18 (1990) With Bruce Willis. 4.25 White Sands 15 (1992) With Willem Dafoe. 6.15 Next 12 (2007) With Nicolas Cage. 8.00 Die Hard 2 18 (1990) With Bruce Willis. 10.10 The Glimmer Man 18 (1996) With Steven Seagal. 11.45 The Brave One 18 (2007) With Jodie Foster. 1.50 White Sands 15 (1992) With Willem Dafoe. 3.35 Vi Warshawski 15 (1991) 5.10 Back in Business PG (2007)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Rugby League 10.55 Live Cricket. England Lions v Australia. 6.00 Ocean Adventures 6.30 World Super League. Wigan Warriors v Harlequins (kick-off 8.00pm). 10.00 Friday Fight Night 12.00 Time of Our Lives 1.00 Super League 3.00 Friday Fight Night 5.00 Ocean Race 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Raw 9.00 Ocean Adventures 9.30 Live European Tour Golf. The Open de France. 12.30 Premier League World 1.00 Transworld Sport 2.00 IAAF Athletics Weekly 2.30 Live European Tour Golf. The Open de France. 5.30 NFL: Total Access 6.30 Live Darts. The Las Vegas Classic. 12.30 NFL: Total Access 1.30 Golf Night 3.30 World Super League

Sky Sports 3

7.00 Darts 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Ocean Adventures 12.30 IAAF Athletics Weekly 1.00 Race World 1.55 Ocean Adventures 2.25 Live International Cricket. West Indies v India. 10.30 WWE: Late Night - Smackdown 12.30 WWE: Late Night - Bottom Line 1.30 Time of Our Lives 2.30 Cricket 4.30 Tight Lines 5.30 Premier League World

British Eurosport

7.30 Planet Armstrong 8.00 Swimming 9.00 Cycling: Tour de France 10.00 Cavendish's Tour de France 2008 11.00 Planet

Armstrong 11.30 World Superbikes 1.00 MotoGP 2.00 Live Show Jumping. The Concours Hippique International Official event. 3.45 Eurogals: Oneto One 4.00 Cycling: Tour de France 5.00 Planet Armstrong 6.30 Arm Wrestling 7.00 Strongest Man 8.00 World Superbikes 9.00 MotoGP 10.00 Live MotoGP. The practice session for the MotoGP United States Grand Prix. 11.20 Cycling: Tour de France 12.20 Planet Armstrong 12.45 Close

Sky Sports Xtra

8.30 Premier League World 9.00 Premier League Years 11.00 Rugby League 1.00 Darts 5.00 WWE: Raw 7.00 Tight Lines 8.00 Golf Night 10.00 Time of Our Lives 11.00 Cricket 1.00 Ocean Adventures 1.30 Ocean Race 2.00 Tight Lines 3.00 Race World 4.00 NFL: Total Access 5.00 Ocean Adventures 5.30 IAAF Athletics Weekly

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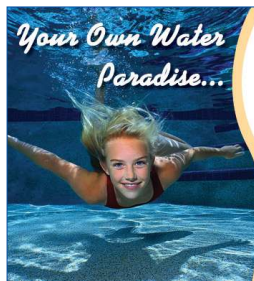
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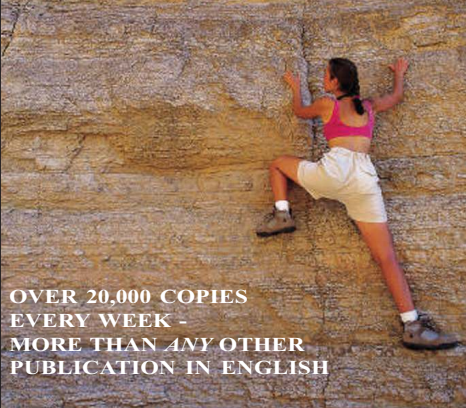
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JEHOVAH'S WITNESSES - Public Talk in English, Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection.

Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

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CENTRO CRISTÃO FONTEDEVIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 438601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE EVANGELICAL BAPTIST CHURCH of Lagos. Service 6pm. Urb. Vila Praia da Dona Ana, Lote 11b, Lagos. (Nr. Hotel Golfinho). Information 282 768 088.

THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almarcil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almarcil. Further information, Griseida Neto on 965168120 or Vitor on vgn@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP International Christian Fellowship in Portimão. Sundays at 11am. "Sunday School for Children in English & Portuguese" Avda 25 de abril 17 r/c-D, Portimão) "opposite public swimming pool (piscina municipal)" Tel 282 461 985. Website: www.coaa.co.uk/icf.htm.

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THE SALVATION ARMY OPORTO Pereira Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation

Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.
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ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

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Our Father Hears

Our church family is growing as some of the young couples welcome babies into their homes. Still other new families who already have little ones have started coming to the church, toddlers in tow. As a grandmother whose grandchildren live across the ocean, I enjoy observing these young families who arrive each Sunday with their lively, excited children. I've noticed that occasionally a child is reluctant to leave his or her parent's side to go downstairs with the other children. However, once they are convinced to do so they soon find that they enjoy the nursery or classes for young children much more than they would like sitting silently through the adult worship service.

From time to time after the music has ended and while the pastor is preaching, a cry or occasionally even a despairing scream makes its way up to the auditorium. Since I know that I am not responsible for any of the children, such noises are easy for me to ignore. Yesterday we seemed to have a larger number of babies and children than usual and I did happen to hear a few of them calling out, hoping to make their dissatisfaction known to parents they hoped were still within earshot. I could not tell one child's cry from another and even had difficulty guessing

whether the cry came from a baby or a toddler. I marveled, however, at how the parents each recognized when it was their child making the unhappy noises wafting up from the lower level of the church. It seemed that each time a cry was heard, the correct couple took a silent vote and one of them quickly went to rescue their unhappy child before it could upset the others or disrupt the remainder of the adult service. No mistakes were made for the parents' ears were well tuned to the voices of their offspring.

It impressed me that this is an accurate picture of our heavenly father. Though we are many, His ear is tuned to the cries of His children. He recognizes our voices and the cries of our hearts. No cry of either delight or despair falls on deaf ears. God hears and He cares. Over and over again the Psalmists remind us of this truth. So go ahead and cry out to Him. He is not annoyed by our cries for help, for He is our Father and stands ready to give comfort and support.

"Evening, morning and noon I cry out in distress, and he hears my voice." Psalm 55:17

*More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god/page

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

			2					9
7		5		3	6			
2				4				1
			6	5				7
6								9
1			3	8				
4		2						5
		1	4		6			3
		2		9				

Last weeks solution:

3	6	5	8	9	1	4	7	2
4	2	7	3	6	5	1	9	8
9	8	1	7	4	2	5	3	6
7	4	8	2	3	6	9	1	5
5	9	2	4	1	7	8	6	3
1	3	6	9	5	8	2	4	7
8	7	3	1	2	9	6	5	4
6	1	4	5	8	3	7	2	9
2	5	9	6	7	4	3	8	1

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

1	2		3		4		5		6		7
									8		
9		10									
11							12				
13			14				15				
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17						18		19			
						20					21
22											
						23					

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- Scull (3)
- Ban (11)
- Implore (7)
- Join (5)
- Untouched (6)
- Feel indignant (6)
- Chop small (5)
- Ship's crew (7)
- Unseemliness (11)
- Tavern (3)
- Elastic (9)

DOWN

- Equality (3)
- Ascend (5)
- Evasive (6)
- Spare time (7)
- Thoughtful (11)
- Soon (9)
- Unspaid (11)
- Obscure (9)
- Less expensive (7)
- Transverse (6)
- Ethical (5)
- Cask (3)

Answers Crossword Nº 246

Across: 7 Stocks; 8 Caller; 10 Regular; 11 Terse; 12 Cove; 13 Sneak; 17 Relic; 18 Dawn; 22 Ideal; 23 Avarice; 24 Accent; 25 Morass.

Down: 1 Ostrich; 2 Forgive; 3 Skill; 4 Martial; 5 Alert; 6 Order; 9 Principal; 14 Telling; 15 Capital; 16 Intense; 19 Vital; 20 Teach; 21 Wagon.

Crossword Nº. 247

Oceânico Prestige Residence Club

The club was launched in 2008 and offers eight share ownership of a stunning, high specification property with unlimited and flexible usage, subject to reservation policies. In addition, as an owner within the Oceânico Prestige Residence Club, you also have the option to stay in locations worldwide through access to properties at a growing portfolio of Oceânico Prestige Residence Clubs. To add a truly luxurious element, ownership comes with the additional benefit of access to a comprehensive range of lifestyle services.

Dependent on location, services

available will include; Sunseeker luxury cruiser; Membership of world-class golf courses; Executive car transfer service; Concierge service; Reservation facility at any Oceânico Prestige Residence Club and Golf buggy.

Oceânico Prestige Residence Club will provide you with an equity share in a luxury freehold property which can be enjoyed, sold, willed, deeded or placed in a trust like any other real estate purchase.

The properties will be spacious and luxurious apartments and villas with top of the range fixtures and fittings.



Above and left: aspects of the Amendoeira Villa



Sunseeker luxury cruiser

Where is Oceânico Prestige Residence Club available?

Current destinations in Portugal include the nearly completed award-winning Amendoeira Golf Resort, Belmar Spa & Beach Resort which has a magnificent ocean front setting, Vilamoura Golf & Garden Resort in the Al-

garve all with access to the renowned Oceânico seven championship golf courses. Recently added to its portfolio are Waterford Castle in Southern Ireland, Little River in North Carolina and Cobble Beach in Canada.

Future planned destinations include resorts in Europe, North America, Africa and the Caribbean.



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Why not take out a golf membership to Oceânico's seven championship golf courses and in return gain access to the luxurious lifestyle of the Oceânico Prestige Residence Club.

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www.oceanicoresidenceclub.com/golf_membership

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Golf Open Day • 9th July 2009

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Tel.: 282 320 688

Email: info@oceanicoresidenceclub.com

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE Donkey Sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Távira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

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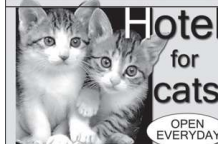
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July: Focus on Watersports

The July heat drives everyone to the water. So for the whole month of July we are giving the opportunity to advertise anything which falls under the category of "Water sports" completely free of charge. If you are involved in the water sports business, arrange fishing trips or pleasure excursions, or if you have a boat or water sports equipment to sell, this is the place to advertise.

Ads can only be placed by email and should not exceed 15 words. Pictures can be also be included, but only one free ad per advertiser may be submitted.

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- ☐ Office, Media & Tech.
- ☐ Personal
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- ☐ Pools & Gardens
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- ☐ Property for Rent
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- ☐ Removals and Storage
- ☐ Retail
- ☐ Satellite
- ☐ Services Offered
- ☐ Travel
- ☐ Vehicles
- ☐ Wanted

CALCULATE

- ☐ Per word €0.50
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- ☐ Boxed ad (red line) €6 extra
- ☐ Box number €4 extra
- ☐ Photo 4cm wide €10 extra
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Back to school with AIA Racing School



On Friday 19th June the Algarve International Racetrack (AIA) in Portimão officially inaugurated the AIA Racing School. Driving enthusiasts can now have exhilarating driving experiences on track and also learn crucial racing techniques from worldly renowned drivers on one of the most technically demanding tracks in the world.

With the inauguration of the AIA Racing School you can now drive your dream car on one of the most technologically advanced tracks in the world without having to travel abroad.

The brand new AIA Racing School has several courses available for all levels of drivers and participants will be acquiring their skills from the best in the business: throughout the whole year Pedro Lamy, Filipe Albuquerque, José Monroy, Tiago Monteiro, Pedro Couceiro and Manuel Gíão will be the designated instructors of the courses.

Among the programmes available are the 'Taxi Experiences', where you will have one of the most terrifying experiences of your life as you sit by the side of one of the professional drivers on a manic two lap race, in either a Ferrari Modena 360 or a BMW M3.

If you want to get your hands on a real driving experience, then the 'Driving Experiences' are for you. These consist of four levels of driving courses (Classic, Silver, Gold, Platinum [includes personal training]) with prices ranging from 299 to €899. They are designed to test and improve your car handling with several different exercises.

The 'Dynamic Control' exercise consists of a small circuit delineated with cones. Your main objective is to finish the circuit without touching any cones. It may sound easy, but with parts of the circuit being covered with a special gel to simulate situations of very low grip, your reflexes and grasp of the vehicle are of utmost importance to end this exercise in a good time.

Participants will have to show their control of the vehicle in the 'Drift Control' exercise, where they must perform donuts in the drift pad, in wet conditions, and keep a steady circular trajectory.

The 'Track Level 1/2/3' will be the first actual track experience, where participants will firstly be taken around the track, with the instructor driving, to get to know the track and learn the ideal trajectories. After switching seats, the participant will then drive four, six, eight or ten laps around the track, depending on the course chosen.

Available only in the Silver, Gold and Platinum courses is the 'Head to Head'. In this exercise participants will have a direct confrontation with another learner around a circuit with cones, this consists of one reconnaissance lap and one timed lap.

For the Platinum course only is the 'Pursuit' exercise, where participants will follow the instructor around the track. Over the six laps, the instructor will gradually increase the speed.

As safety always comes first, there will always be a briefing session beforehand to explain what you will be doing, what precautions to take and a theoretical introduction to relevant aspects of the track and how to make the most out of the day in absolute safety.

The list of cars available for the courses are truly impressive as you have cars for all levels of drivers, such as Caterham, Porsche Cayman S, BMW M3, Porsche 911 Carrera 2 S, Porsche Carrera 4 S, Nissan GTR, Porsche GT 3, Ferrari Modena 360 and Porsche GT3 RS.



From L-R: Pedro Lamy, Manuel Gíão, Filipe Albuquerque and Pedro Couceiro. (Photo: The Portugal News/Tommy Broad)

You can now feel what its like to drive some of the best cars in the world without having to buy one!

Motorbike courses are also available, with the tutoring of Miguel Praia and Eugene Lavery, current pilots for the

Parkalgar Honda Racing team.

If you would like to register yourself for a truly unforgettable experience, please call the AIA Racing School on +351 282 405 600 or email: info@autodromodoalgarve.com.

Tommy Broad

One billion euro Cristiano

"Florentino Pérez has put an exorbitant buy out clause of €1 billion for Cristiano Ronaldo, with the purpose of preventing any oil Sheiks from snatching him from Real Madrid."

Cristiano Ronaldo has become the first billion euro man ever in the world of football as Florentino Pérez, Chairman of Real Madrid, raised the speculated buy out clause of €200

million, to an out of this world figure of €1,000,000,000, according to Spanish paper 'Marca'. His decision to raise the fee was after Manchester City's Chairman offered the 'Galacticos' 168 million for the Portuguese winger. "If anyone was to pay the buy out clause for CR7, it would pay for Real Madrid's last 66 players hired."

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